

#343



Whole Grain

# 100% Whole Wheat

Sandwich Bread

- ✓ 16g of Whole Grains per serving
- ✓ One sandwich, 2 slices, equals 66% of the USDA recommended daily intake of Whole Grains.
- ✓ Low Fat, Cholesterol Free

|                       |   |  |                    |
|-----------------------|---|--|--------------------|
| <b>70</b><br>CALORIES | <b>0g</b><br>SAT. FAT<br>0% DAILY VALUE | <b>135mg</b><br>SODIUM<br>6% DAILY VALUE | <b>2g</b><br>SUGAR |
|-----------------------|---|--|--------------------|

PER 28g SERVING



NET WT 26 OZ (737g)

## Nutrition Facts

Serving Size 1 Slice(28g)  
Serving Per Container 26

| Amount Per Serving            |                      |
|-------------------------------|----------------------|
| Calories 70                   | Calories from Fat 10 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 1g           | <b>2%</b>            |
| Saturated Fat 0g              | <b>0%</b>            |
| Trans Fat 0g                  |                      |
| Polyunsaturated Fat 0.5g      |                      |
| Monounsaturated Fat 0g        |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 135mg           | <b>6%</b>            |
| <b>Potassium</b> 70mg         | <b>2%</b>            |
| <b>Total Carbohydrate</b> 14g | <b>5%</b>            |
| Dietary Fiber 2g              | <b>8%</b>            |
| Sugars 2g                     |                      |
| <b>Protein</b> 3g             |                      |
| Vitamin A 0%                  | Vitamin C 0%         |
| Calcium 8%                    | Iron 4%              |
| Thiamin 6%                    | Riboflavin 2%        |
| Niacin 6%                     | Folic Acid 2%        |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: 2,000   | 2,500   |
|--------------------|-------------------|---------|
| Total Fat          | Less than 65g     | 80g     |
| Saturated Fat      | Less than 20g     | 25g     |
| Cholesterol        | Less than 300mg   | 300mg   |
| Sodium             | Less than 2,400mg | 2,400mg |
| Potassium          | 3,500mg           | 3,500mg |
| Total Carbohydrate | 300g              | 375g    |
| Dietary Fiber      | 25g               | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, CALCIUM SULFATE, SODIUM STEAROYL LACTYLATE, CALCIUM PROPIONATE (A PRESERVATIVE), MONOGLYCERIDES, WHEAT FLOUR, DATEM, ASCORBIC ACID (DOUGH CONDITIONER), AMMONIUM SULFATE, ENZYMES, SILICON DIOXIDE, AZODICARBONAMIDE, WHEAT STARCH, ASCORBIC ACID (A PRESERVATIVE), CITRIC ACID (A PRESERVATIVE).  
CONTAINS: WHEAT AND SOY.

Our manufacturing facilities do not use peanuts or tree nuts  
**H&S BAKERY, INC., BALTIMORE, MD 21231**  
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 FOR LONGER SHELF LIFE FREEZE.