

20 oz. loaf  
Nature's Own 100% Whole Wheat

# Nutrition Facts

Serving Size 1 Slice (26g/.9oz)

Servings Per Container 22

## Amount Per Serving

Calories 50 Calories from Fat 10

% Daily Value \*

**Total Fat 1g** **1%**

Saturated Fat 0g **0%**

*Trans Fat 0g*

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 115mg** **5%**

**Total Carbohydrate 10g** **3%**

Dietary Fiber 2g **8%**

Sugars 1g

**Protein 4g**

Vitamin A	0%	Vitamin C	0%
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Calcium	4%	Iron	2%
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Thiamin	6%	Riboflavin	6%
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Niacin	10%	Folic Acid	4%
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\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

**24 oz. loaf**  
**Nature's Own 100% Whole Wheat**

## Nutrition Facts

Serving Size            1 SLICE (31 G/ 1.1 OZ)  
 Servings Per Container            22

### Amount Per Serving

<b>Calories</b>	70	Calories from Fat	10
<b>% DAILY VALUE *</b>			
<b>Total Fat</b>	1.5 g		2 %
Saturated Fat	0 g		0 %
<i>Trans</i> Fat	0 g		
Polyunsaturated Fat	0.5 g		
Monounsaturated Fat	0 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	150 mg		6 %
<b>Total Carbohydrate</b>	13 g		4 %
Dietary Fiber	2 g		7 %
Sugars	Less than 1 g		
<b>Protein</b>	4 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	6 %	Iron	4 %
Thiamin	0 %	Riboflavin	0 %
Niacin	0 %	Folic Acid	8 %

\* 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g