

Original Bagel

Nutrition Facts

Serving Size 1 BAGEL (104 G/ 3.7 OZ)

Servings Per Container 6

Amount Per Serving

Calories	270	Calories from Fat	5
% DAILY VALUE *			
Total Fat	1 g		1 %
Saturated Fat	0 g		0 %
<i>Trans</i> Fat	0 g		
Polyunsaturated Fat	0 g		
Monounsaturated Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	410 mg		17 %
Total Carbohydrate	56 g		19 %
Dietary Fiber	2 g		8 %
Sugars	5 g		
Protein	10 g		
Vitamin A	90 %	Vitamin C	0 %
Calcium	80 %	Iron	20 %
Vitamin D	60 %	Vitamin E	90 %
Thiamin	30 %	Riboflavin	15 %
Niacin	20 %	Folic Acid	25 %

* 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

Cinnamon Raisin Bagel

Nutrition Facts

Serving Size 1 BAGEL (104 G/ 3.7 OZ)

Servings Per Container 6

Amount Per Serving

Calories	300	Calories from Fat	25
% DAILY VALUE *			
Total Fat	3 g		4 %
Saturated Fat	1.5 g		7 %
<i>Trans</i> Fat	0 g		
Polyunsaturated Fat	1 g		
Monounsaturated Fat	0.5 g		
Cholesterol	0 mg		0 %
Sodium	350 mg		15 %
Total Carbohydrate	60 g		20 %
Dietary Fiber	3 g		11 %
Sugars	13 g		
Protein	9 g		
Vitamin A	50 %	Vitamin C	0 %
Calcium	45 %	Iron	20 %
Vitamin D	40 %	Vitamin E	50 %
Thiamin	25 %	Riboflavin	15 %
Niacin	15 %	Folic Acid	25 %

* 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

Honey Wheat Bagel

Nutrition Facts

Serving Size 1 BAGEL (104 G/ 3.7 OZ)

Servings Per Container 6

Amount Per Serving

Calories	260	Calories from Fat	10
% DAILY VALUE *			
Total Fat	1 g		2 %
Saturated Fat	0 g		0 %
<i>Trans</i> Fat	0 g		
Polyunsaturated Fat	0.5 g		
Monounsaturated Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	380 mg		16 %
Total Carbohydrate	56 g		19 %
Dietary Fiber	4 g		17 %
Sugars	8 g		
Protein	10 g		
Vitamin A	50 %	Vitamin C	0 %
Calcium	50 %	Iron	20 %
Vitamin D	40 %	Vitamin E	50 %
Thiamin	25 %	Riboflavin	15 %
Niacin	15 %	Folic Acid	20 %

* 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