

20 oz. loaf
Nature's Own Butter Bread

Nutrition Facts

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

Servings Per Container 22

Amount Per Serving

Calories 60

Calories from Fat 5

% Daily Value *

Total Fat .5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **3%**

Sugars 1g

Protein 3g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 4%

Thiamin 8% Riboflavin 2%

Niacin 4% Folic Acid 6%

* 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
Fiber		25g	30g

10/22/2004

24 oz. loaf
Nature's Own Butter Bread

Nutrition Facts

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

Amount Per Serving

Calories	70	Calories from Fat	5
% DAILY VALUE *			
Total Fat	0.5 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	160 mg		7 %
Total Carbohydrate	14 g		5 %
Dietary Fiber	Less than 1 g		3 %
Sugars	Less than 1 g		
Protein	4 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %

* 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
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Dietary Fiber		25g	30g