

Light Honey Wheat Bread

Nutrition Facts

Serving Size 2 Slices (45g/1.6oz)

Servings Per Container 10

Amount Per Serving	2 Slices	1 Slice
Calories	80	40
Calories from Fat	10	0
	% Daily Value *	
Total Fat 1g	1%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 160mg	7%	4%
Total Carbohydrate 19g	6%	3%
Dietary Fiber 5g	21%	11%
Sugars 1g		
Protein 5g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	8%	4%
Iron	15%	8%
Thiamin	10%	6%
Riboflavin	15%	6%
Niacin	10%	6%
Folic Acid	10%	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