

## Light Wheat Bread

# Nutrition Facts

Serving Size 2 Slices (45g/1.6oz)

Servings Per Container 10

| Amount Per Serving            | 2slices    | 1slice     |
|-------------------------------|------------|------------|
| Calories                      | 80         | 40         |
| Calories from Fat             | 10         | 0          |
| % Daily Value *               |            |            |
| <b>Total Fat 1g</b>           | <b>1%</b>  | <b>0%</b>  |
| Saturated Fat 0g              | <b>0%</b>  | <b>0%</b>  |
| <i>Trans Fat 0g</i>           |            |            |
| Polyunsaturated Fat 0g        |            |            |
| Monounsaturated Fat 0g        |            |            |
| <b>Cholesterol 0mg</b>        | <b>0%</b>  | <b>0%</b>  |
| <b>Sodium 180mg</b>           | <b>7%</b>  | <b>4%</b>  |
| <b>Total Carbohydrate 19g</b> | <b>6%</b>  | <b>3%</b>  |
| Dietary Fiber 5g              | <b>21%</b> | <b>11%</b> |
| Sugars 1g                     |            |            |
| <b>Protein 5g</b>             |            |            |
| 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     |