

**20oz. loaf
Nature's Own Honey Seven Grain**

Nutrition Facts

Serving Size 1 SLICE (26 G/ .9 OZ)

Servings Per Container 22

Amount Per Serving

Calories	70	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	105 mg		4 %
Total Carbohydrate	14 g		5 %
Dietary Fiber	1 g		5 %
Sugars	2 g		
Protein	3 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %
Thiamin	8 %	Riboflavin	4 %
Niacin	4 %	Folic Acid	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
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

24 oz. loaf
Nature's Own Honey Seven Grain

Nutrition Facts

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

Amount Per Serving

Calories	90	Calories from Fat	10
% DAILY VALUE *			
Total Fat	1.5 g		2 %
Saturated Fat	0 g		0 %
<i>Trans</i> Fat	0 g		
Polyunsaturated Fat	1 g		
Monounsaturated Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	125 mg		5 %
Total Carbohydrate	16 g		5 %
Dietary Fiber	2 g		7 %
Sugars	2 g		
Protein	4 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	6 %
Thiamin	10 %	Riboflavin	4 %
Niacin	6 %	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
Dietary Fiber		25g	30g