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BIG BREAD

3' LOAF		6' LOAF	
Nutrition Facts		Nutrition Facts	
Serving Size 1 Slice (56g) Servings Per Container About 22		Serving Size 1 Slice (56g) Servings Per Container About 44	
Amount per Serving		Amount per Serving	
Calories 140	Calories from Fat 15	Calories 140	Calories from Fat 15
% daily value*		% daily value*	
Total Fat 1.5g	2%	Total Fat 1.5g	2%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 300mg	13%	Sodium 300mg	13%
Total Carbohydrate 29g	10%	Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%	Dietary Fiber 1g	4%
Sugars 1g		Sugars 1g	
Protein 5g		Protein 5g	
Vitamin A 0%	• Vitamin C 0%	Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%	Calcium 0%	• Iron 10%
Thiamin 15%	• Riboflavin 8%	Thiamin 15%	• Riboflavin 8%
Niacin 10%	• Folate 15%	Niacin 10%	• Folate 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		* 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
Saturated 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
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4		Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

Enriched bleached wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of each of the following: soybean oil, salt, vital wheat gluten, yeast.

Notes:

The information listed above has been compiled from publications of the USDA and from data provided by suppliers.