

## PULLMAN WHITE

### Nutrition Facts

Serving Size 1 slice (28g)  
Servings Per Container 31

#### Amount Per Serving

**Calories 70**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 14g**      **5%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein 2g**

Vitamin A 0%      • Vitamin C 2%

Calcium 4%      • 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
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

## PULLMAN WHOLE WHEAT

### Nutrition Facts

Serving Size 1 slice (28g)  
Servings Per Container 31

#### Amount Per Serving

**Calories 70**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 14g**      **5%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein 2g**

Vitamin A 0%      • Vitamin C 2%

Calcium 4%      • 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
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

## PULLMAN MULTIGRAIN

### Nutrition Facts

Serving Size 1.5 oz. 1 slice (43g)  
Servings Per Container 31

#### Amount Per Serving

**Calories 120**      **Calories from Fat 35**

% Daily Value\*

**Total Fat 4g**      **6%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 160mg**      **7%**

**Total Carbohydrate 18g**      **6%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein 4g**

Vitamin A 0%      • Vitamin C 2%

Calcium 25%      • Iron 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
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

**INGREDIENTS:** Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Salt, Yeast, Calcium Propionate, Sodium Stearoyl Lactylate, Emulsifier (Mono and Diglycerides, Ethoxylated Mono and Diglycerides, Contains 2% or Less of Each of the Following: (Polysorbate 60, Propionic Acid, Sodium Propionate (a Preservative), Phosphoric Acid), Conditioner (Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Enzymes, Ascorbic Acid (Vitamin C), and 2% of Less of each of the Following: Malted Wheat Flour, Soybean Oil).

**INGREDIENTS:** Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Salt, Soybean Oil, Calcium Propionate, Sodium Stearoyl Lactylate, Mono and Diglycerides, Ethoxylated Mono and Diglycerides, Caramel Color [Sulfites], Diacetyl Tartaric Acid Esters of Mono-Diglycerides, Enzymes, Ascorbic Acid (Vitamin C), and 2% of Less of each of the Following: Polysorbate 60, Propionic Acid, Sodium Propionate (a Preservative), Phosphoric Acid, Malted Wheat Flour.

**INGREDIENTS:** Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Dough Improver (Salt, Vegetable Shortening (Soybean, Cottonseed, and/or Canola Oils), Dextrose, Sugar, Soy Flour, Mono and Diglycerides, Corn Starch, Contains 2% or Less of: (Ascorbic Acid, L-Cysteine Hydrochloride, Enzyme), Soybean Oil, Flax Seeds, Sunflower Seeds, Sesame Seeds, Whole Grain Oat Flour, Calcium Sulfate and 2% or less of Vitamin D3, Millet, Cracked Wheat, Wheat Gluten, Yeast, Calcium Propionate, Softener (Calcium Sulfate, Salt, 2% or less of Enzymes), Sodium Stearoyl Lactylate.

#### Notes:

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