

Whole Grain Bread

Nutrition Facts	
12 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 11g	4%
Dietary Fibers 1g	2%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 30mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrates 4 Protein 4