



Mega Multigrain

Nutrition Facts	
Serving Size 1 slice (67g)	
Servings Per Container 17	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%
*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: WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, MAY CONTAIN 2% OR LESS OF: SUNFLOWER SEEDS, SESAME SEEDS, RYE, OATS, BARLEY, CORN, MILLET, TRITACLE, RICE, FLAXSEED, BUCKWHEAT, SALT, WHEAT GLUTEN, DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES (DATEM), CALCIUM SULFATE, SOY OIL, POTASSIUM BROMATE, ASCORBIC ACID L. CYSTEIN, ENZYME, AZODICARBONAMIDE, VINEGAR, CALCIUM PROPIONATE.

Multi Grain Contains Wheat.
 Manufactured in a Facility that Processes Milk,
 Egg, Peanuts, Soy, and Tree Nuts.

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