

# Nutrition Facts

	<b>Whole Wheat</b> 1.5 oz.	<b>Three Seed</b> 1.5 oz.	<b>Multi Grain</b> 1.5 oz.	<b>White Bread</b> 1.5 oz.	<b>Cinnamon Raisin</b> 1.5 oz.	<b>Rye Bread</b> 1.5 oz.	<b>Natural Granola</b> 2 oz.	<b>Health Cookies</b> 1/2 cookie	<b>Raisin Cookies</b> 1/2 cookie	<b>C. Chip Cookies</b> 1/2 cookie
Serving Size:										
<b>Calories</b>	100	110	110	100	110	90	280	170	210	240
Calories from Fat	0	15	20	0	0	0	160	10	60	90
<b>Total fat (g)</b>	0.5	1.5	2	0	0	0.5	18	1	7	10
% Daily Value* Fat	0%	2%	3%	0%	0%	1%	27%	2%	11%	15%
Saturated Fat (g)	0	0	0	0	0	0	2.5	0	4	6
% Daily Value* Fat	0%	0%	0%	0%	0%	0%	11%	0%	20%	29%
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0
<b>Cholesterol (mg)</b>	0	0	0	0	0	0	0	0	25	25
% Daily Value* Cholest.	0%	0%	0%	0%	0%	0%	0%	0%	8%	8%
<b>Sodium (mg)</b>	160	160	170	140	160	200	0	160	115	120
% Daily Value* Sodium	7%	7%	7%	6%	7%	8%	0%	8%	5%	5%
<b>Total Carbohydrate (g)</b>	22	22	18	21	24	18	26	38	37	36
% Daily Value* Carbs.	7%	7%	6%	7%	8%	6%	9%	13%	12%	12%
Dietary Fiber (g)	3	3	4	<1	3	2	4	3	3	3
% Daily Value* Fiber	12%	12%	13%	3%	12%	9%	17%	12%	12%	12%
<b>Sugars (g)</b>	4	4	2	4	6	1	10	21	22	23
<b>Protein (g)</b>	5	5	6	3	5	4	8	3	3	4

\* Percent Daily Values based upon a 2,000 calorie diet.