

# Nutrition Facts

|                               | <b>Whole<br/>Wheat</b><br>1.5 oz. | <b>Three<br/>Seed</b><br>1.5 oz. | <b>Multi<br/>Grain</b><br>1.5 oz. | <b>White<br/>Bread</b><br>1.5 oz. | <b>Cinnamon<br/>Raisin</b><br>1.5 oz. | <b>Rye<br/>Bread</b><br>1.5 oz. | <b>Natural<br/>Granola</b><br>2 oz. | <b>Health<br/>Cookies</b><br>1/2 cookie | <b>Raisin<br/>Cookies</b><br>1/2 cookie | <b>C. Chip<br/>Cookies</b><br>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.