

NEW!

ORIGINAL



Lender's®

100%
Whole Wheat

TM

0 GRAMS TRANS FAT PER SERVING
NO PRESERVATIVES
NO CHOLESTEROL
STORE IN FREEZER

GOOD SOURCE OF FIBER

4 GRAMS DIETARY FIBER PER SERVING

**6 Pre-Sliced
BAGELS**

NET WT 12 OZ (340g)

100% Whole Wheat

Lender's

100% Whole Wheat

Nutrition Facts

Serving Size 1 bagel (57g)
Servings per Container 6

Amount Per Serving

Calories 150 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 30g 10%

Dietary Fiber 4g 16%

Sugars 5g

Protein 8g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based 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, HIGH FRUCTOSE CORN SYRUP, VITAL WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF: SALT, MONO AND DIGLYCERIDES, SOYBEAN OIL, CARAMEL COLOR, GUAR GUM, DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), YELLOW CORN MEAL.

CONTAINS: WHEAT

DISTRIBUTED BY:
PINNACLE FOODS CORPORATION
CHERRY HILL, NJ 08002-4112 USA

EXCHANGE: 2 Carbohydrates Exchange calculations based on *Exchange Lists for Meal Planning*, ©2003, American Diabetes Association, Inc., and The American Dietetic Association.

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QUESTIONS OR COMMENTS?

Please write to: Lender's Consumer Insights,
Box 91000, Allentown, PA 18109
Include the Proof of Purchase and plastic closure tab along with your comments.

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PROOF OF PURCHASE