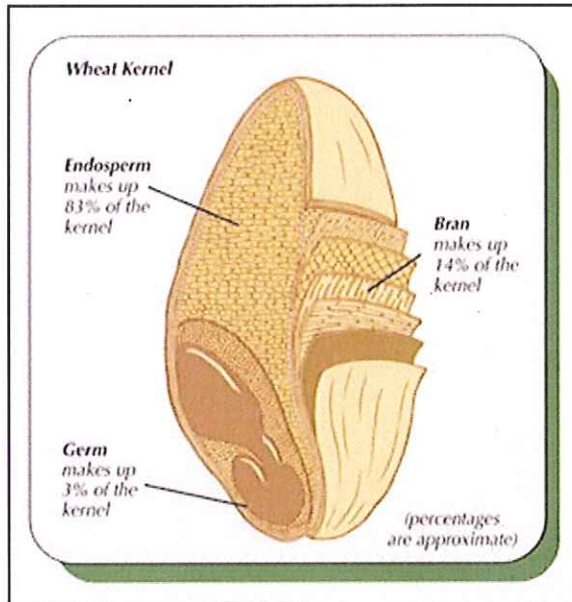


The Whole Grain Revolution



-Endosperm

- Largest part of a whole grain
- Contains most of the grains carbohydrates
- Some protein and B vitamins

-Bran

- Tough outer layer.
- Contains most of the fiber
- Some vitamins and minerals and phytonutrients.

-Germ

- Smallest part but packs the biggest punch.
- Named "Nutrient Powerhouse".
- Rich source of good fats, vitamins, trace minerals, antioxidants and phytonutrients.

- **Whole grains**
 - Contain all parts of the grain.
 - You get all the nutrients
- **Processed or White**
 - Contain only the Endosperm.
 - You are missing out on most of the benefits

Healthy Life Natural All Whole Grain 100% Whole Wheat Bread	
Nutrition Facts	
Serving Size 1 Slice (35g)	
Servings per container 16	
Amount Per Serving	
Calories 90	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	8%
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Thiamin 10%	Riboflavin 2%
Niacin 6%	Folic Acid 4%
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Less than 45g 80g
Sat Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 300g
Dietary Fiber	25g 30g

NO Bromate

INGREDIENTS: WHOLE WHEAT FLOUR (WHOLE GRAIN), CRACKED WHOLE WHEAT, WATER, BROWN SUGAR, WHEAT GLUTEN, YEAST, CANOLA OIL (NON-HYDROGENATED), SALT, RAISIN JUICE CONCENTRATE. CONTAINS 2% OR LESS OF THE FOLLOWING: CULTURED WHEY, VINEGAR, SOY LECITHIN, ASCORBIC ACID. **CONTAINS: WHEAT, SOYBEANS, MILK** A75385

LEWIS BAKERIES, INC.
GENERAL OFFICES: EVANSVILLE, IN 47710

Allergy Advisory: Produced on the same bakery equipment as baked goods containing eggs, nuts or seeds. Therefore, this product may inadvertently contain eggs, nuts or seeds to which some people may be allergic.

READING A LABEL

First ingredient must include the word "**Whole**" in front of the type of grain to be considered a whole grain.

Exception: Brown Rice is a whole grain