

3 Steps for Picking Whole Grains

Nutrition Facts

Serving Size 1 slice 1/16 loaf

2oz (56g)

Servings Per Container About 16

Amount Per Serving

Calories 140 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 400mg 17%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 13%

Sugars 4g

Protein 7g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 6%

*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	300 mg
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: WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, OAT FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, ETHOXYLATED MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, AZODICARBONAMIDE, ASCORBIC ACID, CALCIUM PEROXIDE), FUMARIC ACID, YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM SULFATE), FLAXSEED, WHEAT STARCH, CALCIUM PROPIONATE, POTASSIUM SORBATE, NATAMYCIN AND GAMMA CYCLODEXTRIN (PRESERVATIVES), SOY LECITHIN.

CONTAINS: WHEAT, SOY.

3



100% Stamp

For products where ALL of the grain in the food is whole grain

Minimum amount: 16 grams whole grains per serving



50%+ Stamp

For products where at least 50% of the grain is whole grain

Minimum amount: 8 grams whole grains per serving



Basic Stamp

For products containing significant amounts of whole grains, but <50% is whole grain

Minimum amount: 8 grams per serving



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

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