



Examples of Whole Grain Foods

Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

MADE FROM: WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, UNSULPHURED MOLASSES, CONTAINS 2 PERCENT OR LESS OF: OAT FIBER, SALT, SODIUM STEAROYL LACTYLATE (DOUGH CONDITIONER), CITRIC ACID, CALCIUM PROPIONATE AND SORBIC ACID TO RETARD SPOILAGE, MONO AND DIGLYCERIDES, BUTTER (MILK)*, WHEY*, SOY LECITHIN.
*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL.



Not Whole Grain Foods

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN, WATER, WHOLE WHEAT FLOUR, YEAST, HONEY, SUGAR, OIL, ENRICHMENT (CALCIUM SULFATE, VITAMIN E AND VITAMIN D3), DATEM AND/OR SODIUM STEAROYL LACTATE (PRESERVATIVE), CALCIUM SULFATE, MONO- AND DIGLYCEROL MONO-OLEATE, LECITHIN, CITRIC ACID, POTASSIUM IODATE, SOY FLOUR, SALT). THIS PRODUCT IS MANUFACTURED ON SHARED EQUIPMENT THAT MAY PROCESS OTHER PRODUCTS CONTAINING MILK.

