
Ultimate Grains
THE NATURAL CHOICE
All Natural
100% Whole Grain
White Wheat
Light in color and texture, these 100% Whole Grain White Wheat rolls promote a delicate taste using All Natural ingredients.
LOW FAT
CHOLESTEROL FREE
PARVE
1 ROLL = 37% OF THE USDA RECOMMENDED DAILY INTAKE OF WHOLE GRAINS
18g OF WHOLE GRAINS PER SERVING
SPLIT TOP ROLLS • NET WT 18 OZ (510 g)

Nutrition Facts

Serving Size 1 Roll (33g)
Serving Per Container 16

Calories 80
Calories from Fat 10

Amount Per Serving	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Potassium 80mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%
Thiamin 8% • Riboflavin 2% • Niacin 6% • Folic Acid 2%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

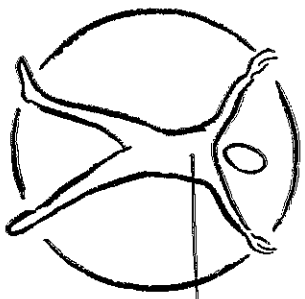
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN WHITE WHOLE WHEAT FLOUR, WATER, SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: PALM OIL, SALT, CULTURED WHEAT FLOUR, VINEGAR, WHEAT FLOUR, CALCIUM SULFATE, ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER). **CONTAINS: WHEAT AND SOY**

BAKED FOR: H&S BAKERY, BALTIMORE, MD 21231 ©2011 CONN LIC #12705, www.hsbakery.com

For Ultimate Health

Ultimate Grains
THE NATURAL CHOICE



Wellness
- Low Fat
- 0mg Cholesterol
- 0g Trans Fat
- Weight Management
(as part of a dietary and physical regimen)

Grains For Life

For centuries cultures have relied on bread as the staff of life. Our traditional fam recipe includes essential vitamins, minerals and nutrients making a wholesome a natural food that is necessary to promote a balanced lifestyle.

Eating whole grains provides a natural source of antioxidants, protein, complex carbohydrates and fiber for overall vital health. Vitamin packed an mineral rich, whole grains as part of a healthy diet may help reduce the risl of heart disease, diabetes, some cancers and other chronic diseases.

Taste and Experience The Ultimate Grains Difference!