



Nutrition Facts

Natural product * 100% rye flour * 10 g of fiber per slice *
Cholesterol free * 0 g trans fat * Low fat

Serving size 1 slice (~70 g/2.5 oz)
Servings Per Container 8

Amount Per Serving

Calories 180	_____	Calories from fat 10	_____
		% Daily Value*	
Total Fat 1g	_____		2%
Saturated Fat 0 g	_____		0%
Trans Fat 0 g	_____		
Cholesterol 0 mg	_____		0%
Sodium 350 mg	_____		15%
Total Carbohydrate 35 g	_____		12%
Dietary Fiber 10 g	_____		39%
Sugar 7 g	_____		
Protein 7 g	_____		
Vitamin A _____	8%	Vitamin C _____	0%
Calcium _____	0%	Iron _____	10%

*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 _____	65 g _____	80 g _____
Sat Fat _____	Less than _____	20 g _____	25 g _____
Cholesterol _____	Less than _____	300 g _____	300 g _____
Sodium _____	Less than _____	2,400 mg _____	2,400 mg _____
Total Carbohydrate _____		300 g _____	375 g _____
Dietary Fiber _____		25 g _____	30 g _____

Ingredients: unbleached rye flour, yeast free: natural fermentation (rye flour, water), sugar, carrots, rye malt, salt, nature's goodness, strength, faith, warmth



Nutrition Facts

Natural product * 100% rye flour * 9 g of fiber per slice *
Cholesterol free * 0 g trans fat * Low fat

Serving size 1 slice (~70 g/2.5 oz)
Servings Per Container 8

Amount Per Serving

Calories 180	_____	Calories from fat 10	_____
		% Daily Value*	
Total Fat 1g	_____		2%
Saturated Fat 0 g	_____		0%
Trans Fat 0 g	_____		
Cholesterol 0 mg	_____		0%
Sodium 270 mg	_____		11%
Total Carbohydrate 35 g	_____		12%
Dietary Fiber 10 g	_____		40%
Sugar 6 g	_____		
Protein 7 g	_____		
Vitamin A _____	0%	Vitamin C _____	0%
Calcium _____	0%	Iron _____	10%

*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 _____	65 g _____	80 g _____
Sat Fat _____	Less than _____	20 g _____	25 g _____
Cholesterol _____	Less than _____	300 g _____	300 g _____
Sodium _____	Less than _____	2,400 mg _____	2,400 mg _____
Total Carbohydrate _____		300 g _____	375 g _____
Dietary Fiber _____		25 g _____	30 g _____

Ingredients: unbleached rye flour, yeast free: natural fermentation (rye flour, water), sugar, rye malt, caraway seeds, salt, strength, safety, craftsmanship, authenticity.



Nutrition Facts

Natural product * 100% rye flour * 4 g of fiber per slice *
Cholesterol free * 0 g trans fat * Low fat

Serving size 1 slice (~70 g/2.5 oz)
Servings Per Container 8

Amount Per Serving

Calories 180	_____	Calories from fat 10	_____
		% Daily Value*	
Total Fat 0.5 g	_____		1%
Saturated Fat 0 g	_____		0%
Trans Fat 0 g	_____		
Cholesterol 0 mg	_____		0%
Sodium 300 mg	_____		13%
Total Carbohydrate 39 g	_____		13%
Dietary Fiber 4 g	_____		17%
Sugar 7 g	_____		
Protein 4 g	_____		
Vitamin A _____	0%	Vitamin C _____	0%
Calcium _____	0%	Iron _____	8%

*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 _____	65 g _____	80 g _____
Sat Fat _____	Less than _____	20 g _____	25 g _____
Cholesterol _____	Less than _____	300 g _____	300 g _____
Sodium _____	Less than _____	2,400 mg _____	2,400 mg _____
Total Carbohydrate _____		300 g _____	375 g _____
Dietary Fiber _____		25 g _____	30 g _____

Ingredients: unbleached rye flour, yeast free: natural fermentation (rye flour, water), sugar, rye malt, caraway seeds, strength, faith, safety, enthusiasm.



Nutrition Facts

Natural product * 100% rye flour * 4 g of fiber per slice *
Cholesterol free * 0 g trans fat * Low fat

Serving size 1 slice (~63 g/2.2 oz)
Servings Per Container 4

Amount Per Serving

Calories 170	_____	Calories from fat 25	_____
		% Daily Value*	
Total Fat 2.5 g	_____		4%
Saturated Fat 0 g	_____		0%
Trans Fat 0 g	_____		
Cholesterol 0 mg	_____		0%
Sodium 140 mg	_____		6%
Total Carbohydrate 33 g	_____		11%
Dietary Fiber 4 g	_____		15%
Sugar 11 g	_____		
Protein 4 g	_____		
Vitamin A _____	15%	Vitamin C _____	0%
Calcium _____	0%	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 _____	65 g _____	80 g _____
Sat Fat _____	Less than _____	20 g _____	25 g _____
Cholesterol _____	Less than _____	300 g _____	300 g _____
Sodium _____	Less than _____	2,400 mg _____	2,400 mg _____
Total Carbohydrate _____		300 g _____	375 g _____
Dietary Fiber _____		25 g _____	30 g _____

Ingredients: unbleached rye flour, yeast free: natural fermentation (rye flour, water), apricots, plums, hazelnuts, raisins, sugar, rye malt, salt, lemons, sulphur dioxide (preservative in dried fruits) enthusiasm, strength, safety, nature's goodness