



classic rye
with carrots

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 0g _____ 0%
Trans Fat 0g _____

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



classic rye

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 0g _____ 0%
Trans Fat 0g _____

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.



fine rye

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 0g _____ 0%
Trans Fat 0g _____

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.



fine rye with
fruit & nuts

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 0g _____ 0%
Trans Fat 0g _____

Cholesterol 0 mg _____ 0%
Sodium 140 mg _____ 6%
Total Carbohydrate 33 g _____ 11%
Dietary Fiber 4 g _____ 15%
Sugar 11g _____

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