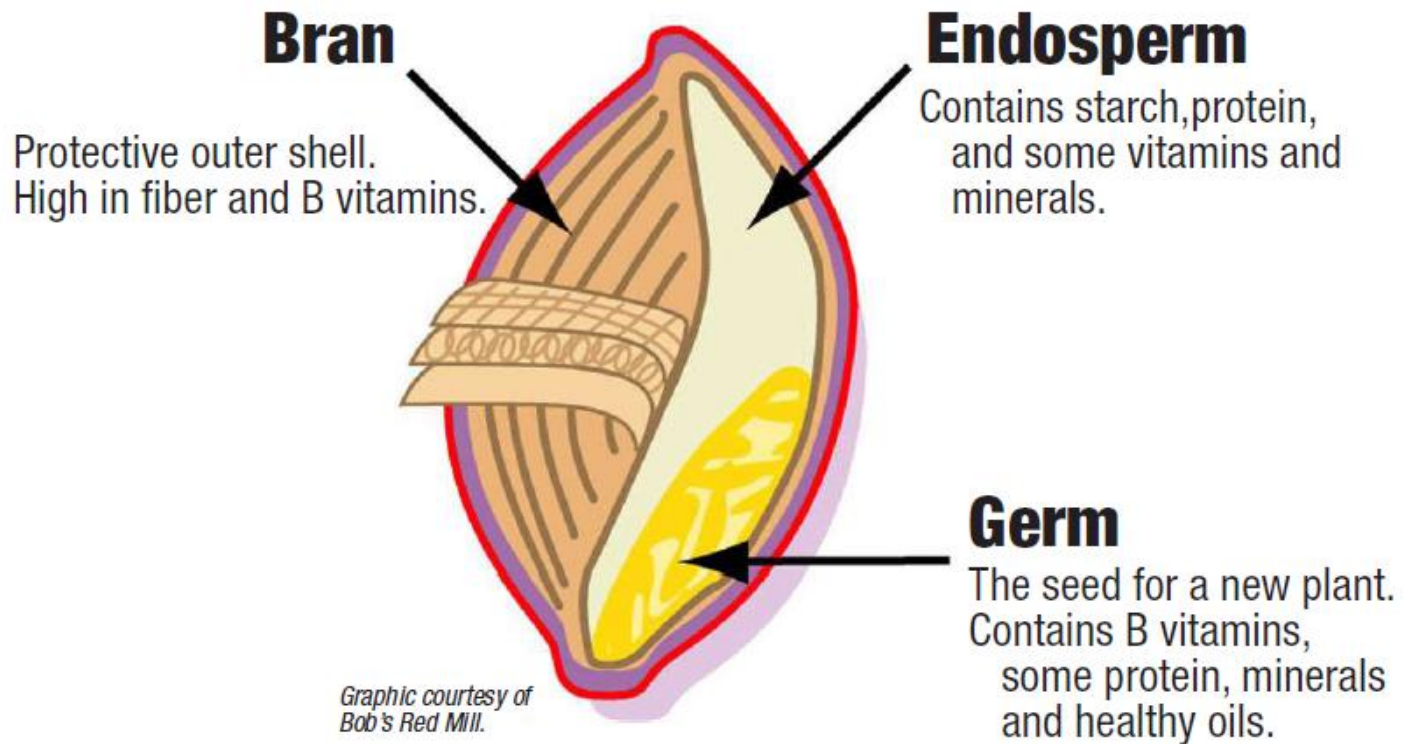


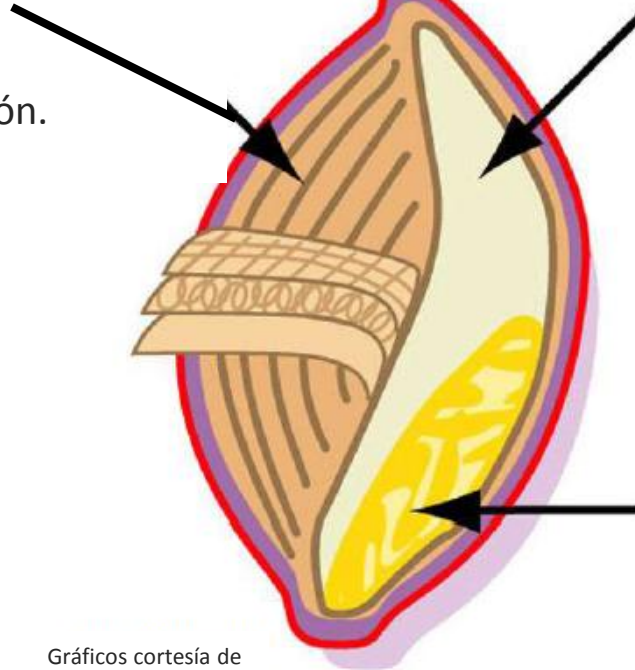
3 Parts of a Whole Grain



Las 3 partes de un grano integral

Cascarilla ó Salvado

Capa exterior de protección.
Alto contenido de fibra y
vitamina B



Gráficos cortesía de
Bob's Red Mill

Endospermo

Contiene almidón, proteínas y
algunas vitaminas y minerales.

Germen

La semilla de una nueva planta.
Contiene vitaminas del grupo B,
algo de proteínas, minerales y
aceites saludables.



NURTURE

www.nurtureyourfamily.org



Ingredients

Organic Texmati Brown Rice



INGREDIENTS: Whole Grain Wheat Flour, Unbleached Enriched Wheat [Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Cheddar Cheese [(Pasteurized Milk, Cheese Culture, Salt, Enzymes). Water, Salt], Vegetable Oils (Canola, Sunflower and/or Soybean), Contains 2 Percent or Less of: Salt, Yeast, Autolyzed Yeast, Spices, Leavening (Baking Soda, Monocalcium Phosphate, Ammonium Bicarbonate), Annatto (Color), Onion Powder, Butter (Milk), Enzymes, Sodium Phosphate.



INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Soybean Oil, Whole Grain Wheat Flour, Sugar, Defatted Wheat Germ, Cornstarch, High Fructose Corn Syrup, Salt, Corn Syrup, Monoglycerides, Barley Malt Syrup, Leavening (Calcium Phosphate, Baking Soda), Soy Lecithin (Emulsifier), Vegetable Color (Annatto Extract, Turmeric Oleoresin), Onion Powder. BHT has Been Added to the Packaging to Help Preserve Product Freshness.

Sara Lee® Honey Wheat Bread



INGREDIENTS: Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, Honey, Yeast, Wheat Bran, High Fructose Corn Syrup, Wheat Gluten, Wheat Flour. Contains 2% or Less of each of the Following: Salt, Soybean Oil, Brown Sugar, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (May Contain One or More of the Following: Mono- and Diglycerides, Sodium Stearoyl Lactylate), Calcium Propionate Added to Retard Spoilage, Cornstarch.