

Excellent Source High Fiber
Reduced Calorie
Low Fat • No Trans Fat
99% Fat Free
Saturated Fat Free
Cholesterol Free
No High Fructose Corn Syrup

Tastes Great!

Healthy Life®
The Original Dieter's Dream®
Reduced Sodium

35 Calories
Per Slice

High Fiber
5 Net Carbs
100% Whole Wheat
Whole Grain Bread

U PAREVE

See Side for Details

Net Wt 16 oz
 (1lb) 454g



Scan for more info



Nutrition Facts				
Serving Size 2 Slices (41g)				
Servings Per Container 11				
Amount Per Serving		%DV	2 Slice	1 Slice
Calories 70	Calories from Fat 5			
Calories 35	Calories from Fat 0			
% Daily Value				
Total Fat 0g,0g	0% 0%			
Saturated Fat 0g,0g	0% 0%			
Trans Fat 0g,0g				
Polyunsaturated Fat 0g,0g				
Monounsaturated Fat 0g,0g				
Cholesterol 0mg,0mg	0% 0%			
Sodium 150mg,80mg	6% 3%			
Total Carbohydrate 16g,8g	5% 3%			
Dietary Fiber 5g,3g	20% 12%			
Sugars 2g,1g				
Protein 5g,2g				
Vitamin A 0% 0%	Vitamin C 0% 0%			
Calcium 10% 4%	Iron 4% 2%			
Thiamin 6% 4%	Riboflavin 2% 2%			
Niacin 6% 2%	Folic Acid 2% 0%			
* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
Total Fat		Less than 65g		80g
Sat Fat		Less than 20g		25g
Cholesterol		Less than 300mg		300mg
Sodium		Less than 2,400mg		2,400mg
Total Carbohydrate		300g		375g
Dietary Fiber		25g		30g

*Percent Daily Values (DV) 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
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

NO Bromate
NO Hydrogenated Oil
0 Grams Trans Fats
NO Saturated Fats
NO Cholesterol

INGREDIENTS: WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, ON FIBER AND/OR SOY FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTATE, EPOXYLATED MONO- DIGLYCERIDES, ASCORBIC ACID, CALCIUM PERIODATE, AZODICARBONAMIDE), CALCIUM PHOSPHATE (TO PREVENT SPOILAGE), GUAR GUM, YEAST NUTRIENTS (CALCIUM SULFATE, CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, SOY LECITHIN.
CONTAINS: WHEAT, SOY.
 L75436

Lewis Bakeries, Inc.
 General Offices: Evansville, In 47710

Allergy Information: Produced on the same bakery equipment as baked goods containing milk, eggs, nuts or seeds. Therefore, this product may inadvertently contain milk, eggs, nuts or seeds to which some people may be allergic.

Healthy Life is a Dieter's Dream Come True™, Estilo De Vida Sano™, Niños Saludables™, Carb Dieting™, Why Eat Bread?™, Carb Dieting but Love Bread?™ are trademarks of and Lewis®, Healthy Life®, Healthy Kids®, The Original Dieter's Dream®, Healthy Life Bread is the Answer!®, Get a Life®, Calorie Counting®, Slice Your Calories®, More Than Just Bread®, Healthy Lifestyle®, Teen Wheat®, are registered trademarks of Lewis Bakeries Inc.

Nutrition at a Glance	35
No	No
No Salt	No Salt
No C	No C
Reduced	Reduced
Excellent	Excellent
Protein	Protein
No Hi	No Hi
No Co	No Co
No Color	No Color

Benefits of Whole Grains
 Whole grains containing vitamins and other nutrients similar to whole grains. Antioxidants researchers find in wheat to be beneficial. Sources: American College of Nutrition. **Excellent**
 The fiber in whole grains slows digestion and enters the bloodstream. By regulating blood sugar levels, cravings and few calories. populations with low rate of chronic disease recommend a day for men. **35 Calories**
 With just 35 calories, Healthy Life Bread is a great choice for those who want to eat more whole grains. Almanac, on your body hair with exercise.

(2 Slices provide 28 grams Whole Grain)

**All Whole Grain
and Great Taste!**



All Whole Grain 100% Whole Wheat

Heart Healthy
Whole Grain Food
reduces risk of
Heart Disease & Cancer*

See Side for Details
881 67 98 16 12
1 27 25 04 05

Bread
Net Wt
20 oz (1 1/4 lb)
567g

Nutrition Facts

Serving Size 2 Slices (57g)
Servings Per Container 10

Amount Per Serving:	
Calories 130	Calories from Fat 15
Total Fat 1.5g	% Daily Value*
Saturated Fat 0g	2%
Trans Fat 0g	0%
Polyunsaturated Fat 1g	
Monounsaturated Fat .5g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 7g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%
Thiamin	10%	Riboflavin	4%
Niacin	10%	Folic Acid	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Total Fat	Less than 65g	2,500
Saturated Fat	Less than 20g	80g
Cholesterol	Less than 25g	25g
Sodium	Less than 300mg	300mg
Total Carbohydrate	Less than 2,400mg	2,400mg
Dietary Fiber	300g	375g
	25g	30g

NO Bromate
NO Hydrogenated Oil
0 grams Trans Fat
NO Saturated Fats

INGREDIENTS: 100% WHOLE GRAIN, WHOLE WHEAT FLOUR, WATER, CORN SYRUP, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, SALT, HONEY, DOUGH CONDITIONERS (ETHOXYLATED MONO-DIGLYCERIDES, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, SOY LECITHIN.

L330-24

CHICAGO BAKING CO.
GENERAL OFFICES: DARIEN, IL 60559
Allergy Advisory: Produced on the same bakery equipment as baked goods containing milk, eggs, nuts or seeds. Therefore, this product may inadvertently contain milk, eggs, nuts or seeds to which some people may be allergic.

therefore retain all of
Buttermut All Whole Grain
contains more than half
intake of whole grains.
recommend eating 6 ser
half from whole grains. E
100% Whole Wheat B
recommended intake of w

Win a Gift for

30 Grand Prize Winners
help someone affected by
- \$100 gas card
- \$100 VISA gift card
- \$25 gift card for bath
- \$25 gift card for beach
- Free Buttermut Bread
- \$100 in Buttermut m

Plus, A 6-Month Supply of
30 2nd Prize Winners
someone affected by breast
- Free Buttermut Bread
- \$100 in Buttermut m
Plus, A 6-Month Supply of

To enter, ALL information must be provided (box), phone number, store where purchased, card for Buttermut/Gift of Compassion, c/o 4771-5168.

ENTRIES MUST BE RE

Name _____
Address _____
City _____
State _____
Phone _____
Store where purchased _____

I would like to nominate
(if your entry is drawn, you will get)

The goodness of whole grain
delicious taste and sup
All Whole Grain 100



PROOF OF PURCHASE



ked

Chicago-Style

HOMETOWN BAGELS

Sesame

Net Wt. 18oz. (510g)

Fresh Baked

Chicago-Style

HOMETOWN BAGELS

Sesame

Nutrition Facts

Serving Size 1 Bagel (3 oz.)
Servings Per Container 6

Amount Per Serving		Calories 250	Calories from Fat 30
		% Daily Value*	
Total Fat	3.5g	5%	5%
Saturated Fat	0.5g	3%	3%
Trans Fat	0g		
Cholesterol	0mg	0%	0%
Sodium	360mg	15%	15%
Total Carbohydrate	47g	16%	16%
Dietary Fiber	2g	8%	8%
Sugars	3g		
Protein	9g		

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.

Made in a facility that processes dairy, eggs and tree nuts.
Manufactured and sold by:
Hometown Bagel, Inc.
Alsip, IL 60803

INGREDIENTS:
Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, 100% Soybean Oil, Non-Iodized Salt, Yeast, Sesame Seeds, Enzymes, Cornmeal, Calcium Propionate.

Best When Toasted



Net Wt.
18oz. (510g)