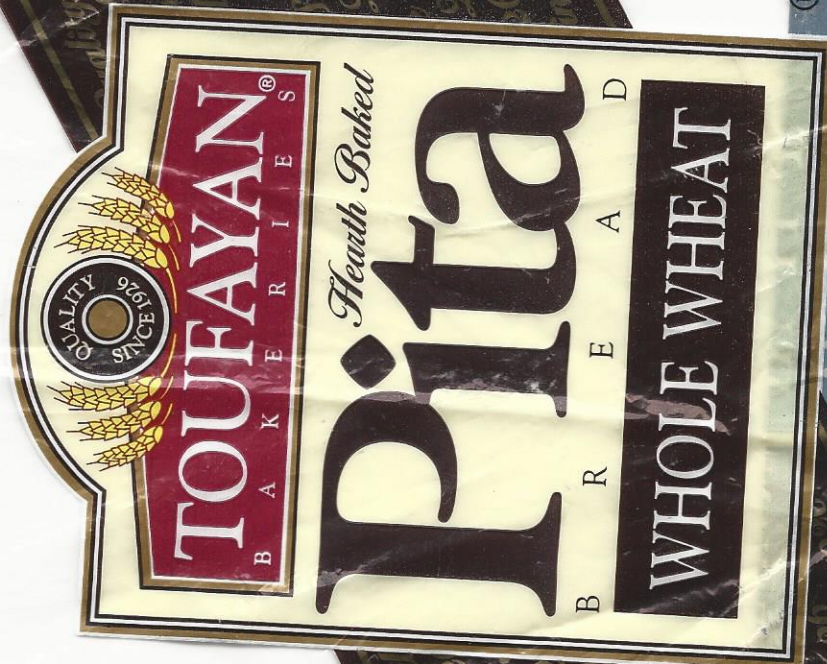


**an Heart
ation**

Meets American Heart
Association food criteria for
saturated fat and cholesterol
for healthy people over age 2.
heartcheckmark.org

it heart disease, diets low in saturated fat and
uce the risk of this disease



© Pareve

MAH 6 Loaves
NET WT. 12 OZ. (340g)

**NO SATURATED FAT!
TRANS FAT!
CHOLESTEROL!**

TOUFAYAN
BAKERY

Since 1926, the Toufayan family has been bringing to its customers the finest in baked goods. Our old world recipes using top quality, wholesome ingredients, naturally cholesterol free and trans fat free, were brought to the United States in the 1960's. Then, in the original pita tradition, we hearth-bake each bread to a perfect golden brown. Toufayan Pitas are convenient and versatile. Just cut in half or at the top and fill with meats, salads or cheese. Great for tacos, sloppy joes and fajitas. Or cut into bite sizes for appetizers.

ANITA'S TUNA SALAD PITA

- 4 Toufayan Pitas
- 1 6.5 oz. can tuna, drained
- 1 6 oz. jar marinated artichoke hearts
- 1 clove garlic, chopped
- 1/2 small head lettuce, shredded
- 1 onion, thinly sliced
- 1/2 cup black olives, sliced
- Salt, pepper and lemon juice to taste
- Combine all ingredients. Slice pitas in half and fill. Makes 8 sandwiches.

Nutrition Facts

Serving Size 1 Loaf (56g)
Servings per Container 6

Amount Per Serving		
Calories 150	Calories from Fat 5	
Total Fat 0.5g	% Daily Value*	1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 225mg		9%
Total Carbohydrate 30g		10%
Dietary Fiber 3g		13%
Sugars 2g		
Protein 6g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 6%	

INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, YEAST, MALTED BARLEY FLOUR, SUGAR, SALT, CALCIUM PROPIONATE (ADDED TO RETARD SPOilage).
PROCESSED ON EQUIPMENT THAT ALSO PROCESSES SOYBEAN

*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	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

To Extend Freshness freeze. To enhance flavor, warm Toufayan Pita in oven/microwave before using.



For more information visit us at:
[HTTP://WWW.TOUFAYAN.COM](http://www.toufayan.com)

TOUFAYAN BAKERIES, INC.
175 Railroad Avenue, Ridgefield, NJ 07657
26 Bryn Mawr St. Orlando, FL 32808
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English Muffins

ORIGINAL



English Muffins

ORIGINAL

Warm, toasted Bays English Muffins are the perfect start to a new day. Continuing on a tradition that began in 1933, Bays English Muffins are baked according to an original family recipe. Because we use only the finest ingredients, our muffins have a crispy, golden crust, a mouth-watering aroma, and a fresh-baked taste - making them deliciously satisfying with butter, jam or any of your favorite toppings.

Bays English Muffins make great individual Pizzas, Tuna Melts, Burgers, Breakfast Sandwiches and much more! For more inspiring meal ideas, or if you have questions about our product, visit www.bays.com or call 1-800-FOR-BAYS.

FRENCH TOASTED MUFFINS

- | | | | | | | | |
|---------------------------------|--------------|---------------------|-------------------|------------------------------|--------|-------------|----------------|
| 6 Bays Original English Muffins | 4 large eggs | 1/2 cup Half & Half | 2 teaspoons sugar | 1/2 teaspoon vanilla extract | Butter | Maple syrup | Powdered sugar |
|---------------------------------|--------------|---------------------|-------------------|------------------------------|--------|-------------|----------------|

In a mixing bowl, whip eggs, Half & Half, sugar and vanilla until well blended. Place muffin halves cut-side down in egg batter; soak for 1 minute then turn to moisten other side. In skillet, melt butter over medium heat. Cook muffin halves until golden brown (about 2 to 3 minutes on each side). Serve with maple syrup and powdered sugar. Makes 6 servings.

KEEP REFRIGERATED

Nutrition Facts

Serving Size 1 muffin (57g)
Servings Per Container 6

Amount Per Serving

Calories 140 Calories from Fat 10

Total Fat 1.5g

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 540mg

Total Carbohydrates 27g

Dietary Fiber 1g

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 8%

Thiamin 20% • Riboflavin 10%

Niacin 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 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

INGREDIENTS: BLEACHED WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: POTATO FLOUR, DRY WHOLE MILK, BUTTER, SUGAR, YEAST, SALT, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, FOLIC ACID, THIAMIN MONONITRATE, RIBOFLAVIN, BAKING POWDER, YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM CHLORIDE), ENZYMES, CORN STARCH, WHITE CORN MEAL, FARINA, SODIUM PROPIONATE AND PROPIONIC ACID ADDED TO RETAIN FRESHNESS, SULFITES.
ALLERGEN STATEMENT: CONTAINS WHEAT, MILK AND SOY.

BAYS MICHIGAN CORPORATION

P.O. BOX 1455

CHICAGO, ILLINOIS

60690 U.S.A.



CONNECTICUT LICENSE 3574

English Muffins

ORIGINAL



MADE WITH
**WHOLE
GRAINS**

5g OF FIBER

PER 1 MUFFIN
120
CALORIES

0g
SAT FAT
0% DV

220mg
SODIUM
9% DV

2g
SUGARS

12 OZ (340g)

6 MUFFINS

KLIKLOK® BOX AND/OR
MACHINE PATENTED IN
THE U.S.A. CANADA AND
OTHER COUNTRIES.



THOMAS'



Hearty Muffins

DOUBLE FIBER
HONEY WHEAT

MORE THAN TWICE THE FIBER OF OUR ORIGINAL MUFFIN

Nutrition Facts

Serving Size 1 muffin (57g)
Servings Per Container 6

Amount Per Serving
Calories 120

% Daily Value*

Total Fat 0.5g **1%**
Saturated Fat 0g **0%**
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 27g **9%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 0%
Calcium 8% • Iron 8%
Thiamin 10% • Riboflavin 6%
Niacin 8% • Folic Acid 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.

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

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, WHOLE WHEAT FLOUR, MODIFIED FOOD STARCH, FARINA, WHEAT GLUTEN, POLYDEXTROSE, HONEY, SUGAR, YEAST, SALT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), MONOGLYCERIDES, SOYBEAN OIL, MALT POTASSIUM, ARTIFICIAL FLAVOR, XANTHAN GUM, ACESULFAME K, SUCRALOSE, WHEY (MILK), SOY FLOUR, NONFAT MILK. THESE MUFFINS PROVIDE 5g OF DIETARY FIBER; ORIGINAL MUFFINS PROVIDE 1g.

OROGRAIN BAKERIES PRODUCTS, INC.
HORSHAM, PA 19044

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SPECIALTY BAKERS SINCE 1880
BAKERIES AT: FREDERICK, MD; PLACENTIA, CA; GREENWICH, CT; ORLANDO, FL; RIVERIA BEACH, FL; AND ELKHART, IN.
WE WELCOME YOUR QUESTIONS OR COMMENTS ABOUT THIS PRODUCT. WHEN WRITING, PLEASE INCLUDE THE PLASTIC CLOSURE TAG AND PROOF OF PURCHASE.

www.thomasenglishmuffins.com

MADE WITH
**WHOLE
GRAINS**
5g OF FIBER



Hearty Muffins

Make mornings shine with the benefit of Whole Grains! Thomas'® have been making great tasting Nooks & Grannies® for over 125 years, and now we've added the goodness of whole grains to our Hearty Muffins line. Our Double Fiber Honey Wheat Hearty Muffins toast up crunchy on the outside and soft on the inside, while giving you



ChooseMyPlate.gov

For information about food and health, go to ChooseMyPlate.gov
For recipe ideas please visit us at www.thomasenglishmuffins.com

WHOLE GRAIN
8g or more
per serving
EAT 48g OR MORE OF
WHOLE GRAINS DAILY

the benefits of whole grains, as recommended by the U.S. Department of Agriculture for a healthy diet. A perfect way to start your morning off right.

Find us on:
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Love Thomas'®
Like Us on Facebook

DOUBLE FIBER HONEY WHEAT MUFFINS



PROOF OF PURCHASE