

ARE THESE WHEAT BREADS EQUAL IN QUALITY?

Wheat Bread #1



Ingredients:
Whole Wheat Flour, Water, Honey, Vital Wheat Gluten, Yeast, Oat Fiber, Salt, Calcium Sulfate, Distilled Vinegar, Soybean Oil, Wheat Bran, Cultured Wheat Flour, Ascorbic Acid, Enzymes.

Nutrition Facts	
Serving Size	1 slice
Servings Per Container	20
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 6%

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

Dietary Fiber _____
Description of wheat _____
Type of grain _____
Number of ingredients _____

Wheat Bread #2



Ingredients:
Enriched Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Honey, Yeast, Wheat Bran, High Fructose Corn Syrup, Wheat Gluten, Wheat Flour, Salt, Soybean Oil, Brown Sugar, Yeast Nutrients, Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate, Dough Conditioners, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Calcium Propionate, Cornstarch.

Nutrition Facts	
Serving Size	1 slice
Servings Per Container	20
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

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

Dietary Fiber _____
Description of wheat _____
Type of grain _____
Number of ingredients _____

ARE THESE FRUIT SPREADS EQUAL IN QUALITY?

Fruit Spread #1



Ingredients :
 Strawberry Juice, Corn Syrup,
 High Fructose Corn Syrup, Pectin,
 FD&C Red No. 3 and Citric Acid.

Nutrition Facts	
Serving Size	1 tbsp
Servings Per Container	45
Amount Per Serving	
Calories 60	Calories from Fat (-)
% Daily Value*	
Total Fat (-)	0%
Saturated Fat (-)	(-)
Trans Fat (-)	
Cholesterol (-)	(-)
Sodium 10mg	0%
Total Carbohydrate 14g	4%
Dietary Fiber (-)	(-)
Sugars 10g	
Protein 0g	0%
Vitamin A (+) • Vitamin C (-)	
Calcium (-) • Iron (-)	
*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
(-) Information is currently not available for this nutrient	

Serving size _____
 Amount of sugar _____
 First Ingredient _____
 List all added sugars _____

Fruit Spread #2



Ingredients :
 Strawberries, Concentrated Grape Juice,
 Fruit Pectin, Lemon Juice.

Nutrition Facts	
Serving Size	1 tbsp
Servings Per Container	12
Amount Per Serving	
Calories 70	Calories from Fat (-)
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	(-)
Trans Fat 0g	
Cholesterol 0mg	(-)
Sodium 0mg	0%
Total Carbohydrate 22g	5%
Dietary Fiber 5g	(-)
Sugars 13g	
Protein 0g	0%
Vitamin A (-) • Vitamin C (-)	
Calcium (-) • Iron (-)	
*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
(-) Information is currently not available for this nutrient	

Serving size _____
 Amount of sugar _____
 First Ingredient _____
 List all added sugars _____

