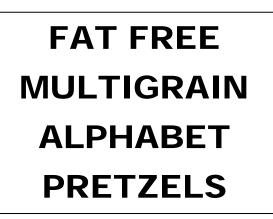
Nutrition Facts

Serving Size 30g (about 1/2 cup)

Servings Per Container

Amount p	er Servi	ng			
Calories	110		Calories	from Fat	0
				%	Daily Value*
Total Fa	it	0g			0%
Saturated Fat		d Fat	0g		0%
Trans Fat		0g			
Cholest	erol	0mg			0%
Sodium		350mg			14%
Total Carbohydrate			23g		8%
-	Dietary Fiber		Less tha	n 1g	4%
	Sugars	Less tha	an 1g		
Protein		3g			
Vitamin A	0%			Vitamin	C 0%
Calcium	0%			Iron 8	%
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be					
higher or lower	depending	on your calori		0.000	0.500
Total Fat			Calories	2,000	2,500
			Less than	65g	80g
Sat. Fat		Less than	20g	25g	
Cholesterol		Less than	Ū	300mg	
Sodium		Less than	2400mg	2400mg	
Total Carbohydrate			300g	375g	
Dietary Fiber			25g	30g	
Calories per	r gram:				
Fat 9 Carbohyd		rate 4	Pro	tein 4	



Ingredient Statement

ENRICHED WHEAT FLOUR (CONTAINS: NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN), MULTIGRAIN BLEND (CONTAINS: WHOLE WHEAT, OAT FLOUR, CORN MEAL, MILLET FLOUR, RYE FLOUR) SALT, YEAST, SODIUM BICARBONATE **CONTAINS WHEAT INGREDIENTS**

MANUFACTURED IN A FACILITY THAT USES PEANUT BUTTER



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512351

3/2/2004 removed honey from ingredients added trans fat 7/28/2006 GE added PB Satement