



Our Products



Products

Live Light! Whole Grain Bread

UPC: 71314001854

Net Weight: 20oz (1lbs 4oz)
567g

Dimensions:
12.000x4.500x4.500 IN

This bread has fewer calories than regular bread and provides at least 20% of the recommended grams of fiber health experts suggest.

WATER, WHOLE GRAIN WHEAT FLOUR, OAT FIBER, WHEAT GLUTEN, YEAST, MODIFIED FOOD STARCH (POTATO), POLYDEXTROSE (DIETARY FIBER), FERMENTED WHEAT SOURDOUGH, SUGAR, SALT, MOLASSES, DATEM, CALCIUM SULFATE AND MONOCALCIUM PHOSPHATE, GUAR GUM, POTASSIUM CHLORIDE, XANTHAN GUM, CALCIUM PROPIONATE (A PRESERVATIVE), NATURAL FLAVOR, MONOGLYCERIDES, CALCIUM PHOSPHATE, ASCORBIC ACID, CITRIC ACID; TOPPED WITH OAT BRAN.

Contains wheat ingredients.

Produced on a line that processes milk ingredients.

Nutrition Facts

12 Servings per container

Serving size

2 slices (47g)

Amount per serving

CALORIES

80

% of Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat	
0g	
Monounsaturated Fat	
0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	25%
Soluble Fiber 1g	
Insoluble Fiber 4g	
Total Sugar 1g	
Includes 1mg	
Added Sugars	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1mg	6%
Potassium 100mg	2%
Thiamine 0.1mg	8%
Riboflavin 0mg	0%
Niacin 1mg	6%
Folate 12mcg DFE (Folic Acid)	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

While we make every effort to post the most current product nutrition facts and ingredients on this website, your best source of product information is printed on the package you purchase.