

# NUTRITIONAL FACTS

## Atlantic



| Product Name   | Product Code | Serving Size (g) | Calories (Cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fibre (g) | Total Sugar (g) | Protein (g) | Vitamin A (RE) | Vitamin C (mg) | Calcium (mg) | Iron (mg) |
|--|--------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------------|-----------------|-------------|----------------|----------------|--------------|-----------|
| Ben's Holsum Fresh 100% Whole Wheat Bread              | 71200        | 63               | 150            | 2             | 0.5               | 0             | 0                | 220         | 27                | 3                       | 3               | 6           | 0              | 0              | 4            | 10        |
| Ben's Holsum Fresh White Bread                         | 71100        | 63               | 150            | 2             | 0.3               | 0             | 0                | 250         | 29                | 1                       | 3               | 5           | 0              | 0              | 4            | 15        |
| Ben's Xtra White Thin Slice Sandwich Bread             | 71295        | 67               | 170            | 2.5           | 0.5               | 0             | 0                | 230         | 28                | 3                       | 3               | 6           | 0              | 0              | 4            | 10        |
| Ben's Xtra 100% Whole Wheat Thin Slice Sandwich Bread  | 71294        | 67               | 170            | 2             | 0.5               | 0             | 0                | 260         | 32                | 1                       | 3               | 5           | 0              | 0              | 4            | 15        |
| Ben's Xtra 100% Whole Wheat Thick Slice Sandwich Bread | 72298        | 40               | 100            | 1.5           | 0.4               | 0             | 0                | 135         | 17                | 2                       | 2               | 4           | 0              | 0              | 2            | 6         |
| Ben's Smart Whole Grain White Sandwich Bread           | 71131        | 78               | 180            | 2             | 0.5               | 0             | 0                | 220         | 35                | 3                       | 3               | 6           | 0              | 0              | 4            | 15        |
| Ben's Raisin Bread                                     | 51208        | 53               | 130            | 1             | 0.3               | 0             | 0                | 190         | 27                | 1                       | 9               | 4           | 0              | 0              | 2            | 10        |
| Ben's Holsum Hamburger Buns                            | 52306        | 45               | 110            | 1.5           | 0.4               | 0             | 0                | 170         | 21                | 1                       | 2               | 3           | 0              | 0              | 2            | 10        |
| Ben's Plain English Muffins                            | 52440        | 68               | 150            | 1             | 0.2               | 0             | 0                | 150         | 29                | 1                       | 2               | 5           | 0              | 0              | 4            | 15        |
| Ben's Xtra White Thick Slice Sandwich Bread            | 72293        | 40               | 100            | 1             | 0.3               | 0             | 0                | 150         | 19                | 1                       | 2               | 3           | 0              | 0              | 2            | 8         |

\* Please refer to individual product pages for Ingredient and Allergen information.



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