

NUTRITIONAL FACTS

Ontario



| 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) |
|--|--------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------------|-----------------|-------------|----------------|----------------|--------------|-----------|
| Dempster's Soft Slice 100% Whole Wheat Regular Slice Bread | 243 | 68 | 160 | 2 | 0.4 | 0 | 0 | 270 | 30 | 3 | 2 | 6 | 0 | 0 | 4 | 10 |
| Sunshine 100% Whole Wheat Sandwich Bread | 20 | 61 | 150 | 1.5 | 0.4 | 0 | 0 | 240 | 27 | 3 | 1 | 6 | 0 | 0 | 4 | 10 |
| Dempster's Soft Slice White Regular Slice Bread | 247 | 68 | 170 | 1.5 | 0.4 | 0 | 0 | 260 | 33 | 1 | 2 | 6 | 0 | 0 | 4 | 15 |
| Dempster's Original 100% Whole Wheat Bread | 251 | 71 | 180 | 2 | 0.5 | 0 | 0 | 240 | 33 | 4 | 3 | 7 | 0 | 0 | 4 | 10 |
| Sunshine White Sandwich Bread | 19 | 61 | 140 | 1.5 | 0.4 | 0 | 0 | 280 | 27 | 1 | 2 | 5 | 0 | 0 | 4 | 10 |
| Sunshine 100% Whole Wheat Bread | 27 | 71 | 160 | 2 | 0.3 | 0 | 0 | 330 | 30 | 3 | 2 | 6 | 0 | 0 | 4 | 15 |
| Sun-Maid Raisin Bread | 400 | 64 | 180 | 2 | 0.5 | 0 | 0 | 230 | 34 | 2 | 12 | 6 | 0 | 0 | 4 | 15 |
| Sunshine Raisin Bread | 450 | 50 | 140 | 2.5 | 0.3 | 0 | 0 | 210 | 26 | 2 | 11 | 4 | 0 | 0 | 4 | 10 |
| Whole Wheat Dinner Rolls | 1625 | 71 | 160 | 1.5 | 0.4 | 0 | 0 | 290 | 31 | 1 | 2 | 6 | 0 | 0 | 4 | 15 |
| Sunshine White Bread | 40 | 30 | 70 | 1 | 0 | 0 | 0 | 160 | 13 | 1 | 1 | 3 | 0 | 0 | 2 | 6 |

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



FOODSERVICE

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