



classic rye  
with carrots

# Nutrition Facts

Natural product \* 100% rye flour \* 10 g of fiber per slice \*  
Cholesterol free \* 0 g trans fat \* Low fat

Serving size 1 slice (~70 g/2.5 oz)

Servings Per Container 8

### Amount Per Serving

Calories 180 \_\_\_\_\_ Calories from fat 10 \_\_\_\_\_  
% Daily Value\*

Total Fat 1g \_\_\_\_\_ 1%  
Saturated Fat 0 g \_\_\_\_\_ 3%  
Trans Fat 0 g \_\_\_\_\_

Cholesterol 0 mg \_\_\_\_\_ 0%

Sodium 340 mg \_\_\_\_\_ 11%

Total Carbohydrate 36 g \_\_\_\_\_ 15%

Dietary Fiber 10 g \_\_\_\_\_ 23%

Sugar 8 g

### Protein 7 g

Vitamin A \_\_\_\_\_ 8%

Vitamin C \_\_\_\_\_ 0%

Calcium \_\_\_\_\_ 0%

Iron \_\_\_\_\_ 10%

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

	Calories	2,000	2,500
Total Fat _____	Less than _____	65 g _____	80 g _____
Sat Fat _____	Less than _____	20 g _____	25 g _____
Cholesterol _____	Less than _____	300 g _____	300 g _____
Sodium _____	Less than _____	2,400 mg _____	2,400 mg _____
Total Carbohydrate _____		300 g _____	375 g _____
Dietary Fiber _____		25 g _____	30 g _____

**Ingredients:** unbleached rye flour, yeast free: natural fermentation (rye flour, water), sugar, carrots, rye malt, salt, nature's goodness, strength, faith, warmth



classic rye

# Nutrition Facts

Natural product \* 100% rye flour \* 9 g of fiber per slice \*  
Cholesterol free \* 0 g trans fat \* Low fat

Serving size 1 slice (~70 g/2.5 oz)

Servings Per Container 8

### Amount Per Serving

Calories 160 \_\_\_\_\_ Calories from fat 10 \_\_\_\_\_  
% Daily Value\*

Total Fat 1g \_\_\_\_\_ 2%  
Saturated Fat 0 g \_\_\_\_\_ 3%  
Trans Fat 0 g \_\_\_\_\_

Cholesterol 0 mg \_\_\_\_\_ 0%

Sodium 230 mg \_\_\_\_\_ 9%

Total Carbohydrate 33 g \_\_\_\_\_ 14%

Dietary Fiber 9 g \_\_\_\_\_ 30%

Sugar 7 g

### Protein 6 g

Vitamin A \_\_\_\_\_ 0%

Vitamin C \_\_\_\_\_ 0%

Calcium \_\_\_\_\_ 0%

Iron \_\_\_\_\_ 10%

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

	Calories	2,000	2,500
Total Fat _____	Less than _____	65 g _____	80 g _____
Sat Fat _____	Less than _____	20 g _____	25 g _____
Cholesterol _____	Less than _____	300 g _____	300 g _____
Sodium _____	Less than _____	2,400 mg _____	2,400 mg _____
Total Carbohydrate _____		300 g _____	375 g _____
Dietary Fiber _____		25 g _____	30 g _____

**Ingredients:** unbleached rye flour, yeast free: natural fermentation (rye flour, water), sugar, rye malt, caraway seeds, salt, strength, safety, craftsmanship, authenticity.



fine rye

# Nutrition Facts

Natural product \* 100% rye flour \* 4 g of fiber per slice \*  
Cholesterol free \* 0 g trans fat \* Low fat

Serving size 1 slice (~70 g/2.5 oz)

Servings Per Container 8

### Amount Per Serving

Calories 180 \_\_\_\_\_ Calories from fat 5 \_\_\_\_\_  
% Daily Value\*

Total Fat 1g \_\_\_\_\_ 0%  
Saturated Fat 0 g \_\_\_\_\_ 0%  
Trans Fat 0 g \_\_\_\_\_

Cholesterol 0 mg \_\_\_\_\_ 0%

Sodium 290 mg \_\_\_\_\_ 5%

Total Carbohydrate 39 g \_\_\_\_\_ 16%

Dietary Fiber 4 g \_\_\_\_\_ 23%

Sugar 8 g

### Protein 4 g

Vitamin A \_\_\_\_\_ 0%

Vitamin C \_\_\_\_\_ 0%

Calcium \_\_\_\_\_ 0%

Iron \_\_\_\_\_ 4%

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

	Calories	2,000	2,500
Total Fat _____	Less than _____	65 g _____	80 g _____
Sat Fat _____	Less than _____	20 g _____	25 g _____
Cholesterol _____	Less than _____	300 g _____	300 g _____
Sodium _____	Less than _____	2,400 mg _____	2,400 mg _____
Total Carbohydrate _____		300 g _____	375 g _____
Dietary Fiber _____		25 g _____	30 g _____

**Ingredients:** unbleached rye flour, yeast free: natural fermentation (rye flour, water), sugar, rye malt, caraway seeds, strength, faith, safety, enthusiasm.



fine rye with  
fruit & nuts

# Nutrition Facts

Natural product \* 100% rye flour \* 4 g of fiber per slice \*  
Cholesterol free \* 0 g trans fat \* Low fat

Serving size 1 slice (~63 g/2.2 oz)

Servings Per Container 4

### Amount Per Serving

Calories 190 \_\_\_\_\_ Calories from fat 25 \_\_\_\_\_  
% Daily Value\*

Total Fat 3 g \_\_\_\_\_ 8%  
Saturated Fat 0 g \_\_\_\_\_ 19%  
Trans Fat 0 g \_\_\_\_\_

Cholesterol 0 mg \_\_\_\_\_ 0%

Sodium 150 mg \_\_\_\_\_ 7%

Total Carbohydrate 37 g \_\_\_\_\_ 14%

Dietary Fiber 4 g \_\_\_\_\_ 26%

Sugar 13 g

### Protein 4 g

Vitamin A \_\_\_\_\_ 15%

Vitamin C \_\_\_\_\_ 0%

Calcium \_\_\_\_\_ 0%

Iron \_\_\_\_\_ 8%

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

	Calories	2,000	2,500
Total Fat _____	Less than _____	65 g _____	80 g _____
Sat Fat _____	Less than _____	20 g _____	25 g _____
Cholesterol _____	Less than _____	300 g _____	300 g _____
Sodium _____	Less than _____	2,400 mg _____	2,400 mg _____
Total Carbohydrate _____		300 g _____	375 g _____
Dietary Fiber _____		25 g _____	30 g _____

**Ingredients:** unbleached rye flour, yeast free: natural fermentation (rye flour, water), apricots, plums, hazelnuts, raisins, sugar, rye malt, salt, lemons, sulphur dioxide (preservative in dried fruits) enthusiasm, strength, safety, nature's goodness