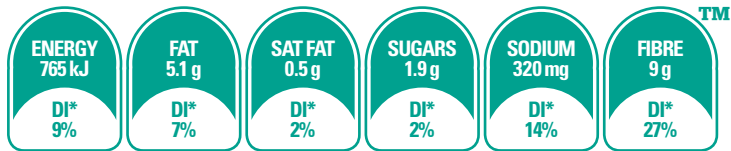




Birgen® Wholemeal & Seeds Bread



PER 83 g SERVE

Nutrition Information

Servings per package: 8 (14 slices + 2 crusts)
Serving size: 83 g (2 slices)^

	Average Quantity per Serving	% Daily Intake* per Serving	Average Quantity per 100 g
Energy	765 kJ	9%	922 kJ
Protein	11.0 g	22%	13.2 g
Fat, total	5.1 g	7%	6.1 g
- saturated	0.5 g	2%	0.7 g
Carbohydrate	19.3 g	6%	23.2 g
- sugars	1.9 g	2%	2.3 g
Dietary Fibre, total	9.0 g	27%	10.8 g
- soluble	2.6 g	-	3.1 g
- insoluble	6.4 g	-	7.7 g
Sodium	320 mg	14%	386 mg
Iron	2.1mg (17% RDI†)	-	2.5 mg

† RDI = Recommended Dietary Intake.

*% Daily Intakes are based on an average adult diet of 8700 kJ.

^Two slices of Birgen® Wholemeal & Seeds contributes 65% of the 48 g whole grain Daily Target Intake.
Low GI (Glycemic Index) = 39

Ingredient Declaration

Water, Whole Grain Wholemeal Wheat Flour (29%), Mixed Whole Grain (9%) (Kibbled Rye, Kibbled Wheat, Kibbled Triticale, Rolled Oats, Kibbled Barley), Wheat Gluten, Mixed Seeds (6%) (Poppy Seeds (4%), Linseed, Sunflower Seeds), Kibbled Soy, Canola Oil, Baker's Yeast, Vinegar, Iodised Salt, Cultured Whey, Buckwheat, Corn, Vitamins (Thiamin, Folate).

Contains: Wheat, Oats, Barley, Rye, Triticale, Soy & Milk.

May be present: Sesame Seeds.