



**STONE GROUND BAKERY, INC.**  
**HARVEST GRAIN**

<b>Nutrition Facts</b>			
Serving Size:		4 oz (113g)	
Amount per Serving			
Calories:	310	Calories from fat:	30
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	470mg		20%
Total Carbohydrate	56g		20%
Dietary Fiber	5g		18%
Sugars	2g		
Protein	11g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	20%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Carbohydrates	4	Fat	9
		Protein	4

INGREDIENTS: Wheat Flour Unbleached, Water  
Whole Wheat Flour, 6-grain mix(hard wheat,  
soft white wheat, rye, barley, oats, sunflower seeds)  
Kibbled Wheat, Flax Seed, Sunflower Seeds,  
Salt, Yeast, Dried Buttermilk, Millet  
Potato Flour, Barley Malt Flour, sesame Seeds  
Poppy Seeds, Calcium Propionate.