

Example Nutrition Labels

Whole Wheat Bread

Ingredients: 100% whole-wheat flour, water, honey, yeast, etc.

Nutrition Facts	
Serving Size 1 slice (26g/0.9 oz)	
Serving per Container 22	
Amount per Serving	
Calories 50	Calories from Fat 10
% Daily Value	
Total Fat 1g	1%
Total Carbohydrate 10 g	3%
Dietary Fiber 3 g	12%
Sugars 1 g	
Protein 4 g	

Vitamins Per Serving	%DV
Vitamin E (Alpha Tocopherol)	1%
Vitamin K	3%
Thiamin	6%
Riboflavin	6%
Niacin	10%
Vitamin B6	3%
Folate	4%
Pantothenic Acid	2%
Minerals Per Serving	% DV
Calcium	3%
Iron	4%
Magnesium	6%
Phosphorous	6%
Potassium	2%
Copper	6%
Manganese	30%
Selenium	16%
Sodium	5%
Zinc	4%

Wheat Bread

Ingredients: Enriched wheat flour, water, honey, yeast, etc.

Nutrition Facts	
Serving Size 1 slice (26g/0.9 oz)	
Serving per Container 22	
Amount per Serving	
Calories 60	Calories from Fat 5
% Daily Value	
Total Fat 0.5g	1%
Total Carbohydrate 12 g	4%
Dietary Fiber 1 g	4%
Sugars 1 g	
Protein 3 g	

Vitamins Per Serving	%DV
Vitamin K	2%
Thiamin	6%
Riboflavin	2%
Niacin	4%
Vitamin B6	1%
Folate	6%
Pantothenic Acid	2%
Minerals Per Serving	% DV
Calcium	0%
Iron	5%
Magnesium	3%
Phosphorous	4%
Potassium	1%
Copper	3%
Manganese	14%
Selenium	7%
Sodium	5%
Zinc	1%