

## GREAT HARVEST BREAD CO. NUTRITION FACTS

| <i>Bread Type</i>                | <i>Fat</i>  | <i>Cholesterol</i> | <i>Sodium</i> | <i>Carb's</i> | <i>Fiber</i> | <i>Sugar</i> | <i>Protein</i> | <i>Calories</i> | <i>Calories from Fat</i> |
|----------------------------------|-------------|--------------------|---------------|---------------|--------------|--------------|----------------|-----------------|--------------------------|
| <i>Apple Scrapple</i>            | 3g          | 1.5mg              | 125 mg        | 25            | 2g           | 11g          | 3g             | 130             | 24                       |
| <i>Baguette / Country French</i> | 0 g / 0%    | 0 mg               | 230 mg        | 21 g / 7 %    | 1 g / 4 %    | 0 g          | 3 G            | 100             | 0                        |
| <i>Challah</i>                   | 1 g / 1%    | 25 mg / 8%         | 210 mg / 9%   | 22 g / 17%    | 0 g / 2%     | 5 g          | 3 g            | 110             | 10                       |
| <i>Cinnamon Swirl</i>            | 0g / 0%     | 0g/0%              | 260g / 11%    | 30g / 10%     | 0g / 2%      | 16g          | 2g             | 130             | 0                        |
| <i>Dakota</i>                    | 2.5g / 4%   | 0mg / 0%           | 230mg / 10%   | 22g / 7%      | 4g / 14%     | 5g           | 5g             | 130             | 25                       |
| <i>Gluten Free</i>               | 3.5 g       | 25 mg              | 90 mg         | 23 g          | 2 g          | 5 g          | 3 g            | 130             | 35                       |
| <i>High 5 Fiber</i>              | 3 g / 5%    | 0 mg / 0%          | 210 mg / 9 %  | 21 g / 7 %    | 5 g / 19 %   | 4 g          | 4 g            | 120             | 30                       |
| <i>Honey Whole Wheat</i>         | 0g / 0%     | 0mg / 0%           | 330mg / 15%   | 24g / 8%      | 3g / 12%     | 5g           | 4g             | 100             | 0                        |
| <i>Living Lite</i>               | 3.5g/6%     | 5mg/1.0%           | 130mg/5%      | 10g/3%        | 2g/8%        | 2g           | 5g             | 60-80           | 35                       |
| <i>Living Lite Crunch</i>        | 3.5g/6%     | 5mg/1.0%           | 130mg/5%      | 10g/3%        | 2g/8%        | 2g           | 5g             | 80              | 35                       |
| <i>Low Fat Muffin</i>            | 4.5 g       | 0 mg               | 200 mg        | 36 g          | 4 g          | 25 g         | 3 g            | 180             | 40                       |
| <i>Morning Glory Bread</i>       | 1.5 g / 2%  | 0 g / 0%           | 0 g / 0%      | 24 g / 8%     | 3 g / 11%    | 9 g          | 3 g            | 110             | 10                       |
| <i>Pumpkin Choc. Chip</i>        | 3 g         | 25                 | 120           | 20            | 1            | 13           | 2g             | 150             | 70                       |
| <i>Sonoma</i>                    | 4 g / 6%    | 20mg/7%            | 135mg/6%      | 26g/9%        | 3g/12%       | 11g          | 5g             | 160             | 35                       |
| <i>Sourdough</i>                 | 0 g / 0%    | 0 mg               | 230 mg / 10%  | 21 g / 7 %    | 1 g / 7 %    | 0 g          | 3 g            | 100             | 0                        |
| <i>Spelt (Organic)</i>           | 0.5g / 1.0% | 0mg 0%             | 250mg / 10%   | 27g / 9%      | 2g / 6%      | 5g           | 4g             | 110             | 5                        |
| <i>Sprouted Grain</i>            | 1g          | 0                  | 220mg         | 22g           | 3g           | 4g           | 4g             | 110             | 10                       |
| <i>Woodstock</i>                 | 3.5g        | 0                  | 250 mg        | 22 g          | 4 g          | 5 g          | 4 g            | 130             | 30                       |

| Bread                          | Ingredients   | Whole Grain        | Contains Dairy or Eggs | Contains Nuts      |
|--------------------------------|---|--------------------|------------------------|--------------------|
| Apple Scrapple                 | Made with fresh Granny Smith apples, unsweetened applesauce, butter, dates, cinnamon, brown sugar and light wheat flour, then topped with a cookie crumb topping!   |                    | eggs                   |                    |
| Baguette / Country French      | Unbleached white flour, water, salt, malt and touch of yeast  |                    |                        |                    |
| Banana Cinnamon Teacake        | Banana and cinnamon in a white dough with, baking soda, baking powder, salt, eggs, spices and canola oil  |                    | eggs                   |                    |
| Challah                        | We use a traditional Jewish recipe made with unbleached white flour, whole egg, honey, water and yeast. This is the best French toast bread you'll find.  |                    | eggs                   |                    |
| Cinnamon Swirl                 | We swirl a delicious combination of brown sugar and cinnamon into our White dough. (Also available in wheat.)   | depends on variety |                        |                    |
| Cranberry Orange               | A whole grain cake with fresh ground orange, dried cranberries, rum and walnuts. It makes a great gift for the holiday season.  |                    | dairy & eggs           |                    |
| Dakota                         | Roasted pumpkin seeds, sunflower seeds, sesame seeds and millet get mixed into our whole wheat dough.   | X                  |                        |                    |
| Fruity Tootie                  | We swirl an amazing combination of berries and white chocolate into our White dough.  |                    | dairy & eggs           |                    |
| Gluten Free                    | Water, buttermilk, tapioca flour, honey, rice flour, eggs, buckwheat, flax meal, corn starch, butter, yeast, xanthum gum, salt and vinegar  |                    | dairy & eggs           |                    |
| High 5 Fiber                   | Whole wheat, honey, yeast, sunflower seeds, flax seeds, millet, oat bran, wheat bran  | X                  |                        |                    |
| Honey Whole Wheat              | Fresh-ground wheat flour of the highest protein content is mixed together with filtered water, honey, yeast, and salt.  | X                  |                        |                    |
| Living Lite & Crunch           | Made with our nutrient-rich whole wheat flour. We add eggs, tofu, wheat gluten, olive oil, oats and flax to make the best tasting low-carb bread out there. Crunch version has sunflower seeds, millet and pecans.  | X                  |                        | depends on variety |
| Low Fat Muffin                 | Whole Wheat, oat-bran, unsweetened applesauce, low fat yogurt, egg whites, brown sugar, honey and fruit   | X                  | dairy & eggs           | depends on variety |
| Morning Glory                  | Whole grain flour, carrots, flax seeds, coconut, cinnamon, honey, raisins, walnuts and a touch of vanilla   | X                  |                        | X                  |
| Pumpkin Chocolate Chip Teacake | Lots and lots of pumpkin, white unbleached flour, baking soda, baking powder, salt, eggs, spices and canola oil   |                    | eggs                   |                    |
| Pumpkin Swirl                  | Dough made from pumpkins and whole wheat flour. Swirled with brown sugar, cinnamon and pumpkin pie spices (also available with pecans).   | X                  | egg                    | depends on variety |
| Sage & Thyme                   | Whole wheat flour, real onions, celery, sage, thyme and pepper.   | X                  |                        |                    |
| Sonoma                         | Whole wheat flour, water honey, eggs, dried cranberries, golden raisins, pumpkin seeds, butter, sunflower seeds, yeast, sugar, salt, orange, lemon and vanilla  | X                  | dairy & eggs           |                    |
| Sourdough                      | Sugar Free! Our sourdough starter came from San Francisco! This original also contains unbleached flour, water, ascorbic acid, and very small amount of yeast (also available as 'Roma').   |                    |                        | depends on variety |
| Spelt (Organic)                | This unique bread is made with an old-world grain that is quite high in protein and gives bread a full bodied flavor that is distinctly different than wheat. This WHEAT-FREE bread is a great choice for those with dietary restrictions that do not include any type of wheat or wheat derivative in their diet.                    | X                  |                        |                    |
| Sprouted Grain                 | Flax, sunflower, millet, spelt, and wheat seeds sprouted for 5 days in advance. We add it to a whole-grain dough (yeast, water, salt and honey). When a seed sprouts a chemical change occurs and it germinates and produces more vitamins (A, B-complex, C, calcium, potassium and iron) and carbohydrates are more easily digested. | X                  |                        |                    |
| Virginia Rolls                 | Freshly milled whole wheat dough, a touch of white flour, light amber honey, real butter, and a pinch of whole potato to make the fluffiest, melt-in-your mouth roll ever.  |                    | dairy                  |                    |
| Woodstock                      | Whole grain flour, yeast, water, salt, honey, roasted pecans, walnuts, sunflower, flax seeds.   | X                  |                        | X                  |

Serving Size: 50g (1.75 oz). There are 20 servings in a 2.2 lb. (one kilogram) loaf. Notations made in "Amount Percent Daily Values" are based on a 2000 calorie diet. Nutritional values for breads with fillings or toppings such as nuts, grains or cheese are approximate only.

