Nutrition Facts

Serving Size (52g)
Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 290mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	

Vitamin A 0%	•	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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Challah MET
11/14/07

The Nutrition Facts label gives the nutrients for a slice of the Challah bread which is 52 grams for a slice. This bread makes 27 slices per loaf.

The ingredients in order by weight are: applesauce, flour, high gluten flour, eggs, oil, salt, yeast, saffron.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (37g)
Servings Per Container

Amount Per Serving

Calories 100	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 2g	9%
Cholesterol 5mg	1%
Sodium 75mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	5%
Sugars 8g	
Protein 2g	

Vitamin A 4%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chocolate Cherry MET
11/14/07

The nutrient facts are for one slice (47 grams) of the Chocolate Cherry bread. This bread makes 18 slices per loaf.

The ingredients in order by weight are: Flour, chocolate chips, tart cherries, brown sugar, cocoa powder, butter, salt, yeast, orange peel.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (45g)
Servings Per Container

Amount Per Serving

Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 4g	

Vitamin A 0%	•	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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cracked Wheat MET
11/14/07

The nutrition facts are for the nutrients in a 1.59 oz. (45.15grams) slice of the Cracked Wheat Bread. (20 slices per loaf)

The ingredients in order by weight are: whole wheat starter, high gluten flour, whole wheat flour, cracked wheat, salt, malt syrup.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (176g)
Servings Per Container

Amount Per Serving

Calories 410 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 870mg	36%
Total Carbohydrate 89g	30%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 12g	

Vitamin A 15% • Vitamin C 10%

Calcium 2% • Iron 25%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

French Berry Rolls MET
11/17/07

The nutrition facts are for the nutrients for a French Berry Roll. Each roll weighs 6.21 oz.(176 grams)

The ingredients in order of weight are flour, berries, malt, wheat germ, salt and yeast.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (35g)
Servings Per Container

Amount Per Serving

Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 15g	**5%**
Dietary Fiber less than 1 gram	**3%**
Sugars 0g	
Protein 3g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Levain Bread MET
11/14/07

The nutrition facts label shows the nutrients for a slice 1.23 oz (34.98g) of the Levain Bread. (17 slices per loaf)

The ingredients in order are: high gluten flour, starter, salt, malt.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (16g)
Servings Per Container

Amount Per Serving

Calories 50	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber less than 1 gram	3%
Sugars 0g	
Protein 2g	

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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Multigrain MET
3/16/08

Multigrain Loaf yields 30 slices and the weight per slice is 15.72 grams or .55 oz.

The ingredients by weight are: Gluten flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, rye flour, pumpkin seeds, sunflower seeds, sesame seeds, oats, sea salt and yeast.

Nutrition Facts

Serving Size (67g)
Servings Per Container

Amount Per Serving	
Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 1g	**5%**
Sugars 0g	
Protein 5g	

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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

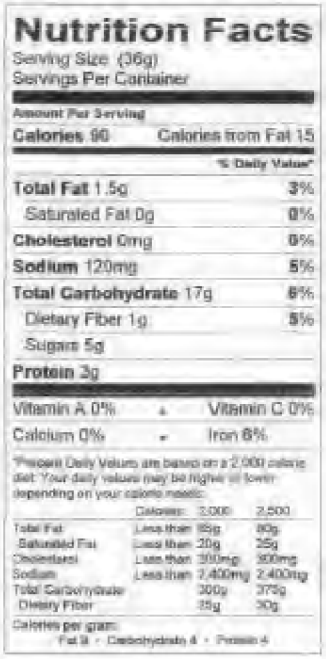
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Organic Miche MET
11/17/07

The nutrition facts shows the nutrients for one slice of Organic Miche. There are 33 slices per loaf.

The ingredients in order are white flour, starter, whole wheat flour, dark rye and salt.

December 2007
Anita Hirsch MS, RD, LDN



Nutrition Facts

Serving Size (36g)
Servings Per Container

Amount Per Serving

Calories 90	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**3%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**5%**
Sugars 5g	
Protein 3g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 6%	

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Raisin Nut MET
11/14/07

The Nutrition Facts show the nutrients for one slice of Raisin Nut Bread. Each slice weighs 1.27 oz (35.87 grams). There are 18 slices per loaf.

The ingredients in order are: white flour, raisins, whole wheat flour, whole wheat starter, pecans, walnuts, rye flour, honey, sugar, salt, powdered milk.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (37g)
Servings Per Container

Amount Per Serving	
Calories 90	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1 gram	3%
Sugars 0g	
Protein 3g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

rosemary bread MET
11/14/07

The Nutrition Facts show the nutrients in one slice of Rosemary Bread which weighs 1.32 oz. (37.02 grams)

The ingredients in order are: white flour, starter, olive oil, whole wheat flour, sea salt, wheat germ and rosemary.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (72g)
Servings Per Container

Amount Per Serving

Calories 250	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 4g	**19%**
Cholesterol 45mg	**14%**
Sodium 240mg	**10%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 2g	**6%**
Sugars 18g	
Protein 5g	

Vitamin A 6% •	Vitamin C 0%
Calcium 6% •	Iron 15%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Millet Muffin MET
8/17/2011

One muffin: Ingredients: wheat flour, brown sugar, millet, butter, egg, milk, baking powder, kosher salt, baking soda.

Nutrition Facts

Serving Size (38g)
Servings Per Container

Amount Per Serving

Calories 80 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber less than 1 gram	2%
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

San Francisco Loaf MET
11/14/07

The Nutrition Facts shows the nutrients for one slice of San Francisco Loaf which is 1.35 oz. (38.21 grams) there are 18 slices per loaf.

The ingredients in order are: white flour, starter, sea salt and wheat germ.

December 2007
Anita Hirsch MS, RD, LDN

Nutrition Facts

Serving Size (7g)
Servings Per Container

Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 2%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Whole Grain Baguette MET

3/18/08

WHOLE GRAIN BAGUETTE

There are 50 slices to a loaf. Each slice weights 7.19 grams.

In order by weight the ingredients are: Wheat flour, toasted pumpkin seeds, toasted sunflower seeds, toasted sesame seeds, toasted oats, flax, sea salt and yeast.