



BAY STATE MILLING COMPANY

NUTRITIONAL INFORMATION

ISSUE DATE : OCT-17-16
 REPLACES : SEP-02-15
 PREPARED BY: TS

BRAND : WHOLE WHEAT FINE (50LB)
 GRADE : GWW (100% Whole Grain)
 PRODUCT: 681500 CN

NUTRIENT	UOM	PER 30 GMS	% RDA	PER 100 GMS	% RDA
Water	g	4.05		13.50	
Calories, By Calculation	kcal	103.80		346.00	
Protein	g	3.96	8%	13.20	26%
Total Fat	g	0.41	1%	1.38	2%
Carbohydrate, By Difference	g	21.07	8%	70.22	26%
Dietary Fiber (2016)	g	3.66	13%	12.20	44%
Soluble Fiber (2016)	g	0.44		1.46	
Ash	g	0.51		1.70	
Calcium	mg	7.50	1%	25.00	2%
Iron	mg	1.08	6%	3.60	20%
Magnesium	mg	37.20	9%	124.00	30%
Phosphorus	mg	99.60	8%	332.00	27%
Potassium	mg	102.00	2%	340.00	7%
Sodium	mg	0.60	0%	2.00	0%
Zinc	mg	0.83	8%	2.78	25%
Copper	mg	0.12	13%	0.41	46%
Manganese	mg	1.22	53%	4.06	177%
Vitamin C, Ascorbic Acid	mg	0.00	0%	0.00	0%
Thiamin B-1	mg	0.15	13%	0.50	42%
Riboflavin B-2	mg	0.03	2%	0.11	8%
Niacin B-3	mg NE	1.71	11%	5.71	36%
Pantothenic Acid B-5	mg	0.28	6%	0.94	19%
Vitamin B-6	mg	0.10	6%	0.34	20%
Folate	mcg DFE	12.90	3%	43.00	11%
Folic Acid	mcg	0.00		0.00	
Folate, Food	mcg	12.90		43.00	
Vitamin B-12	mcg	0.00	0%	0.00	0%
Vitamin A	mcg RAE	0.00	0%	0.00	0%
Vitamin E (alpha-tocopherol)	mg	0.30	2%	1.01	7%
Vitamin D	mcg	0.00	0%	0.00	0%
Saturated Fat	g	0.09	0%	0.31	2%
Monounsaturated Fat	g	0.09		0.30	
Polyunsaturated Fat	g	0.23		0.77	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Total Sugars	g	0.12		0.41	
Added Sugars	g	0.00		0.00	