Spelt-Organic

Calories	Serving Size: Serving per Containe	1/4 cup (46 r: n/a	9)			
Total Fat	Amount per Serving					
Total Fat	Calories	130	Calories fro	om F	at:	10
Saturated Fat 0 g 0 % Trans Fat 0 g 0 % Cholesterol 0 mg 0 % Sodium 0 mg 0 % Total Carbohydrates 32 g 11 % Dietary Fiber 8 g 33 % Sugars 0 g Protein 7 g 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 calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g S Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg 300 mg 375 g Total Carbohydrates 300 g 375 g 375 g 375 g			% [Daily	Value *	
Trans Fat 0 g Cholesterol 0 mg 0 % Sodium 0 mg 0 % Total Carbohydrates 32 g 11 % Dietary Fiber 8 g 33 % Sugars 0 g Protein 7 g 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 calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g S Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg 300 mg Total Carbohydrates 300 g 375 g	Total Fat	1	g		2	%
Cholesterol 0 mg 0 % Sodium 0 mg 0 % Total Carbohydrates 32 g 11 % Dietary Fiber 8 g 33 % Sugars 0 g Protein 7 g 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 calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Saturated Fat	0	g		0	%
Sodium		0	g			
Total Carbohydrates 32 g		0	mg			
Dietary Fiber	000111111					
Sugars 0 g Protein 7 g 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 calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g 80 g Sat Fat Less than 20 g 25 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g 375 g 375 g 375 g						
Vitamin A					33	%
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 calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g 80 g Sat Fat Less than 20 g 25 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg 2,400 mg 70 mg 2,400 mg <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>						
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 calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Protein	. 7	g			_
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Vitamin A	0%	Vitam	in C	0	%
Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Calcium	0%	Iron		8	%
Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g			lower deper		g on 2,500	4
Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	-	Calories:	2,000		80	a
Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	calorie needs.			g		3
Total Carbohydrates 300 g 375 g	Total Fat Sat Fat	Less than	65 20	g	25	g
	Total Fat Sat Fat Cholesterol	Less than Less than Less than	65 20 300	g	25 300	g mg
Dietary Fiber 25 g 30 g	Total Fat Sat Fat Cholesterol Sodium	Less than Less than Less than	65 20 300 2,400	g	300 2,400	g mg mg
	Total Fat Sat Fat Cholesterol Sodium Total Carbohydrates	Less than Less than Less than	65 20 300 2,400 300	g mg mg	300 2,400 375	g mg mg

Ingredients:

Spelt

^{*}The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.