



No Trans Fat • Low Fat • No Saturated Fat • No Cholesterol
No Artificial Colors or Flavors • No High Fructose Corn Syrup



Be Informed:
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WhyEatBread.com

*Para Para Una
Vida Cardiovascular**



See bottom panel
for information about
the relationship between
fiber and heart health.*

PER 1 BUN SERVING

120	0g	240mg	3g	3g
CALORIES	SAT FAT	SODIUM	SUGARS	FIBER
	0% DV	10% DV		12% DV

*Southern
Country®*

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WhyEatBread.com



Lewis Bakes It Healthy!®, Pan Para Una Vida Cardiosaludable®, Healthy Life®, Lewis®, Southern Country®, Healthy Life is the Whole Grain Answer!®, Why Eat Bread?®, Whole Grains for a Healthy Heart®, Whole Grains for Your Health!®, Whole Grains For Your Heart®, High Five for Healthy Kids® and More Than Just Bread® are registered trademarks of Lewis Bakeries Inc.

Nutrition Facts		
Serving Size 1 Bun (57g)		
Servings Per Container 8		
Amount Per Serving:		
Calories 120 Calories from Fat 15		
% Daily Value*		
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat .5g		
Monounsaturated Fat 0g		
Cholesterol 0mg		0%
Sodium 240mg		10%
Total Carbohydrate 23g		8%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 6g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 6%	• Iron 6%	
Thiamin 10%	• Riboflavin 4%	
Niacin 8%	• Folic Acid 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

INGREDIENTS: WHOLE WHEAT FLOUR (WHOLE GRAIN), WATER, WHEAT GLUTEN, SUGAR, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOYBEAN OIL, DOUGH CONDITIONERS (MONOGLYCERIDES, ETHOXYLATED MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM PEROXIDE), CALCIUM PROPIONATE (TO RETAIN FRESHNESS), FUMARIC ACID, YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM SULFATE), SOY LECITHIN.

CONTAINS: WHEAT, SOY L75701

LEWIS BAKERIES, INC.
GENERAL OFFICES: EVANSVILLE, IN 47710

Allergy Advisory: Produced on the same bakery equipment as baked goods containing milk, eggs, nuts or seeds. Therefore, this product may inadvertently contain milk, eggs, nuts or seeds to which some people may be allergic.

Lewis Bakes It Healthy!®

Low Fat &
Good Source
Fiber

Heart
Healthy

Healthy
Life

100%
Whole
Wheat

Whole Grains for a Healthy Heart®

Not all whole grain buns are created equal. Because of the quantity of whole grains baked into this loaf, **Healthy Life Soft Style 100% Whole Wheat Buns** qualifies to make the following health claim: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers." Therefore, be sure your whole grain buns can make the heart healthy claim, like **Healthy Life**, to insure that you are getting enough grain, per 50g of bread, so that you will be getting the most benefit of whole grain for your health.

Healthy Life is the Whole Grain Answer!®

Whole grains play an important role in digestive health by containing vitamins, minerals, dietary fiber, phytochemicals, and other nutrients.¹ In addition, whole grains contain antioxidants similar to what is found in fruits and vegetables, as well as antioxidants that are unique to grains.² All the nutrients in whole grains work together to provide health benefits that may reduce the risk of heart disease and cancers, as discussed above.

Good Source of Fiber

Healthy Life Soft Style 100% Whole Wheat Buns are a good source of fiber, which can promote good digestive health and can aid in weight loss efforts.³ Foods that are good sources of fiber are digested more slowly by the body and can make us feel full and satisfied after eating less.³ The USDA Dietary Guidelines recommends eating 25g of fiber per day for women and 38g per day for men.⁴

Heart Health Tips

- Cut back on saturated fats and try to eliminate trans fats – they can raise cholesterol and lead to heart disease. Use olive oil instead of vegetable oil, butter, or margarine. It helps lower "bad" LDL cholesterol and helps raise "good" HDL cholesterol.⁵
- Maintain a healthy weight and body mass index (BMI) – the risk for heart disease may be higher if you are overweight or obese. Also, a high concentration of body fat around your abdomen may increase your risk of heart disease.⁵
- Just 30 minutes per day of moderate exercise, such as a brisk walk, offers heart health benefits – even if you have to split it into 2 or 3 10-15 minute segments.⁶ Individuals should consult a healthcare provider for help designing a safe exercise program.

**Be Informed:
Why Eat Bread?®
Go to WhyEatBread.com**

Eating grain foods, like **Healthy Life Soft Style 100% Whole Wheat Buns**, provides many nutrients that are vital for the health and maintenance of our bodies.⁶ Grains are important sources of nutrients including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (such as iron).⁶

Sources: ¹American Society for Nutrition, ²American College of Nutrition, ³International Food Information Council, ⁴U.S. Department of Agriculture & U.S. Department of Health and Human Services, ⁵American Heart Association, ⁶ChooseMyPlate.gov

More Than Just Bread®

Additional nutrition information and resources of information are available at www.HealthyLifeBread.com



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PROOF OF PURCHASE



Healthy Life 100% Whole Wheat Sandwich Buns

Low Fat &
Good Source
Fiber

Heart
Healthy

Whole Grains for Your Heart®

Be sure to check other bun brand labels carefully.

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