



BRONZE CHIEF
100% Whole Wheat
FLOUR

100% WHOLE GRAIN
30g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

100% WHOLE GRAIN
30g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY



PRAIRIE GOLD
100% Whole Wheat
FLOUR

100% WHOLE GRAIN
30g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY



NATURAL WHITE
All-Purpose
FLOUR

BRONZE CHIEF FLOUR

PRAIRIE GOLD FLOUR

NATURAL WHITE FLOUR

Nutrition Facts

Serving Size 1/4 cup (38g)
Servings Per Container 300

| Amount Per Serving | |
|-------------------------------|----------------------|
| Calories 130 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 6g | 24% |
| Sugars 1g | |
| Protein 6g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 10% |

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may vary higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat 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 • Carbohydrates 4 • Protein 4

Nutrition Facts

Serving Size 1/4 cup (38g)
Servings Per Container 300

| Amount Per Serving | |
|-------------------------------|----------------------|
| Calories 130 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 29g | 10% |
| Dietary Fiber 6g | 24% |
| Sugars 1g | |
| Protein 6g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 8% |

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may vary higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
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Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

Nutrition Facts

Serving Size 1/4 cup (38g)
Servings Per Container 300

| Amount Per Serving | |
|-------------------------------|---------------------|
| Calories 135 | Calories from Fat 5 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0.4mg | 0% |
| Total Carbohydrate 27g | 10% |
| Dietary Fiber 1g | 4% |
| Sugars 0.5g | |
| Protein 4g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 15% |

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

INGREDIENTS: 100% Whole Wheat Flour from Hard Red Spring Wheat

INGREDIENTS: 100% Whole Wheat Flour from Hard White Spring Wheat

INGREDIENTS: Unbleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid

WMT Item Code: 0097
Pack/Net Wt: 25# Bag
Gross Wt: 26#
Bag Dimension: 18.5" L x 10" H x 6.5" D
Pallet TI x HI: 8 x 10
Cases Per Pallet: 80
Shelf Life: 12 months

WMT Item Code: 0098
Pack/Net Wt: 25# Bag
Gross Wt: 26#
Bag Dimension: 18.5" L x 10" H x 6.5" D
Pallet TI x HI: 8 x 10
Cases Per Pallet: 80
Shelf Life: 12 months

WMT Item Code: 0099
Pack/Net Wt: 25# Bag
Gross Wt: 26#
Bag Dimension: 18.5" L x 10" H x 6.5" D
Pallet TI x HI: 8 x 10
Cases Per Pallet: 80
Shelf Life: 12 months

