



Product identifications	
Product:	The Grainful Bread
UPC code:	775768542559
SSC code:	10 775768542556
LOT coding:	Best Before Date MMDD (eg: FE21)
Servings:	7/loaf
Country of origin:	Canada
Features:	Naturally sweetened, locally made in BC.
Description: A high fibre whole wheat loaf filled with seven types of grains and chopped dates	

Ingredients	
INGREDIENTS: Whole wheat flour, Water, Cracked rye, Cracked wheat, Soy grits, Flax seeds, Barley, Millet, Oats, Sugars (molasses, honey), Yeast, Expeller pressed canola oil, Cornmeal, Dates, Sea salt, Cultured wheat flour, Vital wheat gluten, White vinegar.	
Contains: Wheat, Oat, Barley, Rye, Soy	
INGRÉDIENTS: Farine de blé entier, Eau, Seigle concassé, Blé concassé, Grains de soja, Graines de lin, Orge, Millet, Avoine, Sucres (mélasse, miel), Levure, Huile de canola extraite par pression, Semoule de maïs, Dattes, Sel de mer, Farine intégrale, Gluten de blé vital, Vinaigre blanc.	
Contient: Blé, Avoine, Orge, Seigle, Soya	

Shipping		Shelf life & Usage	
Shipping conditions:	Dry, ambient temp	Shelf life:	90 days (Frozen) 7 days (Thawed)
Case dimensions (in):	12 × 18 × 8	Storage:	FROZEN: -10°F or lower in original packaging. FRESH: 58°F to 68°F, max humidity 65% COOLER: Do not store in cooler.
Net weight (kg/cs):	5.2		
Gross weight (kg/cs):	5.7		
Ti x Hi:	8 × 5	Prep:	FROZEN: Thaw and sell. FRESH: Ready to sell.

Nutrition Facts	
Valeur nutritive	
Per 2 slices (89g) / pour 2 tranches (89g)	
Calories 260	% Daily Value*
Fat / Lipides 3.4 g	5%
Saturated / saturés 0.4 g	2%
+ Trans / trans 0 g	
Carbohydrate / Glucides 51.8 g	
Fibre / Fibres 8.4 g	30%
Sugar / Sucres 4.6 g	5%
Protein / Protéines 9.6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 388 mg	17%
Potassium 324 mg	7%
Calcium 48 mg	4%
Iron / Fer 2 mg	11%
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Physical properties	
Per loaf	
Weight (g):	650
Height (in):	4 6/8
Length (in):	8 3/8
Width (in):	4 6/8
Per slice	
Height (in):	4
Width (in):	4
Thickness (in):	1/2
Description: Whole-wheat loaf with 14-16 half-inch thin slices, with 7-grain cereal mix, corn meal, and dates.	

Manufacturer claims			
Bilingual	N	Vegan	N
Kosher	N	Organic	N
Gluten-free	N	Non-GMO	N

Approved by ML

Updated on
30-Mar-2022

Allergen table													
	Eggs	Milk	Wheat	Oat	Barley	Rye	Triticale	Soy	Mustard	Tree nuts	Peanuts	Sesame	Sulphites
Present in the product	N	N	Y	Y	Y	Y	N	Y	N	N	N	N	N
Present in the facility	Y	Y	Y	Y	Y	Y	N	Y	N	Y	Y	Y	Y