

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 40 grams

7-grain bread

Carbohydrates 7%

Fiber	8%
Sugars, total	7%

Fats 3%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	1%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	8%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	17%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	3%
Copper	5%
Iron	8%
Magnesium	4%
Manganese	26%
Phosphorus	4%
Potassium	2%
Selenium	17%
Sodium	8%
Zinc	3%

Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	38%
-------	-----

Food Evaluation

Vitamin Score	47
Mineral Score	71
Protein Score	32
Fiber Score	8

Total Nutrients Score	161
Net Food Score	151

Unhealthy Score 10

Caloric Content

Carbohydrates	72%
Proteins	15%
Fats	13%

Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.26
 Net nutrition per dollar is 575
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18035

Food Group Code 1800