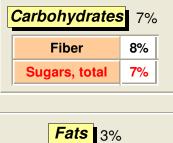
% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 40 grams

7-grain bread



Fats 3%	
2%	
0%	
3%	
2%	
0%	
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%

<u>Vitamins</u>		
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

Carbohydrates 72%
Proteins 15%

Fats 13%

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

Health Costs

At \$2.99 per pound, the cost of all displayed nutrients i \$0.26 Net nutrition per dollar is 575

100% of purchased food is edible

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

10