

01246 White Wheat 2oz

May 9, 2006

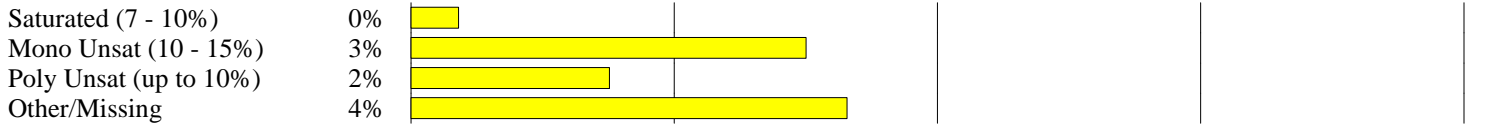
Total Weight: 95709.60 g (3376.00 oz-wt.)
Serving Size: 56.70 g (2.00 oz-wt.)
Serves: 1688.00
Cost: --
Water: 44%

Ratios and Percents

Source of Calories



Source of Fat



Exchanges

Bread / Starch:	1.2	Fruit:	--
Other Carbs / Sugar:	0.2	Vegetables:	--
Very Lean Meat / Protein:	0.2	Milk - Skim:	--
Lean Meat:	--	Fat:	0.2

Ratios

P : S (Poly / Saturated Fat)	4.17 : 1
Potassium : Sodium	0.50 : 1
Calcium : Phosphorus	0.48 : 1
CSI (Cholesterol / Saturated Fat Index)	0.06