

# Food Label Tips

The **Nutrition Facts** label includes the nutritional information required by the U.S. government.

Serving Size information



The **Amount Per Serving** indicates the amount of each item in a serving.



**Nutrition Facts**  
Serving Size 1 Bun (89g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 45
%Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	4%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein</b> 7g	

Vitamin A 0% • Vitamin C 0%  
Calcium 10% • Iron 15%  
Thiamine 30% • Riboflavin 15%  
Niacin 15% • Folic Acid 20%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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

Ingredients: enriched wheat flour [flour, malted barley flour, thiamine mononitrate (vitamin B1), niacin, reduced iron, riboflavin (vitamin B12), folic acid], water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, calcium propionate (a preservative), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), distilled monoglycerides, sodium stearoyl lactylate, ethoxylated mono-diglycerides, may be topped with sesame seeds.

**Taylor's  
Deli Buns**

America's Favorite Buns

Made in the USA

The **ingredients** section lists the items used to make the food product in **descending** order. This means that the food item contains **more of the ingredients listed first**.

