



Organic Harvest Seeded Bread

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About: Rudi's Organic Bakery Harvest Seeded Bread is the latest delicious loaf to enrich the Rudi's Organic Bakery family. All Rudi's Organic Bakery products are made with only the highest quality, fully-organic ingredients, and proudly sport the USDA organic certification seal.

Based in Boulder, Colo., Rudi's Organic Bakery is the only nationally available brand offering a full line of certified organic bread and baked goods, giving families a variety of wholesome foods baked without artificial ingredients, preservatives, high fructose corn syrup or trans-fat. Rudi's has been committed to baking delicious, family-friendly breads without artificial ingredients for 35 years, and has also leveraged this legacy of baking on the bright side to launch a new line of gluten-free products.

Description: **Organic Harvest Seeded Bread (MSRP - \$4.39)** – This whole wheat loaf brings together a blend of tastes from the harvest, combining pumpkin and sunflower seeds with organic whole wheat flour, oat bran and cornmeal for a texture and taste that comes straight from the farm. Evaporated cane sugar and a helping of honey add a sweetness that makes Rudi's Organic Harvest Seeded Bread the perfect pairing for any sandwich.

MSRP Pricing: \$4.39

Availability: Rudi's Organic Bakery Harvest Seeded Bread will be available nationally starting this May at natural foods stores and mainstream supermarkets.

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**Nutrition Facts
& Ingredients:**

Rudi's Organic Bakery breads are loaded with goodness. We use only the highest quality, wholesome, organic ingredients so moms can feel great about choosing Rudi's Organic Bakery. You won't ever find artificial preservatives, chemicals or ingredients you can't pronounce in our tasty and organic breads.

Organic Harvest Seeded Bread:

Nutrition Facts	
Serving Size 1 Slice (45g/1.6oz)	
Servings Per Container 14	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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