

NUTRITIONAL

SUNRISE PLAIN

BAGELS

4.2 OZ. OR 128 GRAMS

210 CALORIES

1% NATURAL FAT

NO TRANS FAT

VEGAN

.370 GRAMS SODIUM

44 GRAMS CARBS

.6 GRAMS PROTEIN

**SUNRISE BAGELS & MORE, INC.
 808 HARNEY STREET (PHYSICAL ONLY)
 PO BOX 61649
 VANCOUVER, WA 98666**

PHONE 360-567-0567 FAX 360-750-4494

**WHY SUNRISE BAGELS ARE
 NUTRITIONALLY GOOD FOR YOUR
 FAMILY**

**DID YOU KNOW THE SCHOOL SYSTEM RECENTLY OUTLINED
 WHAT IS CLASSIFIED AS HEALTHY FOOD FOR KIDS
 (COLUMBIAN NEWSPAPER)**

SCHOOL STANDARD	SUNRISE BAGELS
NO TRANS FATS	ZERO TRANS FATS
NO MORE THAN 35% OF TOTAL CALORIES FROM FAT, EXCEPT FOR NUTS, EGGS, CHEESE, NON-FRIED VEGETABLES, LEGUMES AND SEEDS	1% NATURAL FATS
NO MORE THAN 10% OF TOTAL CALORIES FROM SATURATED FAT	ZERO SATURATED FATS
NO MORE THAN 35% SUGAR BY WEIGHT, EXCEPT FRUITS AND VEGETABLES	4%
	THIS AMOUNTS TO HEALTHY YUM, YUM