



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

VARIETY OF HIGH FIBER BREADS

HONEY WHOLE WHEAT BREAD

Nutrition Information 1 Slice: 120 Calories, 0 gm fat, 0 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 24 gm carbohydrate, 3 gm fiber, 5 gm protein, 350 mg sodium

DAKOTA

Nutrition Information 1 Slice: 150 Calories, 4 gm fat, 0 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 22 gm carbohydrate, 4 gm fiber, 6 gm protein, 280 mg sodium

HIGH 5 FIBER

Nutrition Information 1 Slice: 140 Calories, 4 gm fat, 0 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 23 gm carbohydrate, 4 gm fiber, 5 gm protein, 280 mg sodium

Dia and Mark Lubin, Owners, Great Harvest Bread Company, 12505 N Meridian St. Carmel,
317-575-8800