

# Joseph's<sup>™</sup>

## FLAX, OAT BRAN & WHOLE WHEAT

# MINI PITA BREAD



### Nutrition Facts

8 servings per container  
Serving size **1 Pita (28g)**

Amount per serving

**Calories 50**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 5g

Vitamin D 0mcg 0% • Potassium 26mg 0%

Calcium 108mg 8% • Iron 1mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### INGREDIENTS:

Water, Wheat Gluten, Whole Wheat Flour, Oat Fiber, Corn Starch, Soy Flour, Soy Protein Isolate, Golden Flax Seed, Yeast, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains Less than 2% of Soybean Oil, Salt, Oat Bran, Calcium Propionate, L-Cysteine (Microcrystalline Cellulose, L-Cysteine, Corn Starch), Calcium Sulfate, Sodium Acid Pyrophosphate, Dextrose, Sodium Bicarbonate, Calcium Propionate, Potassium Sorbate, Fumaric Acid, Monoglyceride, Sodium Metabisulfite, Enzymes.

**CONTAINS: Soy, Wheat**  
**STORE AT ROOM TEMPERATURE**

### COUNTING CARBS?

Remember to Subtract the Fiber!

**7g TOTAL CARBS**  
**-2g DIETARY FIBER**  
**5g NET CARBS**

\*NET CARBS CAN BE ENTERED INTO A FOOD TRACKING CALCULATOR OR APP

Our signature Flax, Oat Bran & Whole Wheat breads are one of the healthiest bread options around, with the same great taste you've grown to love from Joseph's!

## FRESH • AUTHENTIC • HEALTHY

For three generations, Joseph's has been proudly baking family recipes developed by our founder, Joseph Boghos. From our family to yours, we hope you enjoy our fresh take on tradition!

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# Pita Bread Nutritional Guide

**IM Harris**



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## **Table of Contents Pita Bread Nutritional Guide**

1. Understanding the eBook Pita Bread Nutritional Guide
  - The Rise of Digital Reading Pita Bread Nutritional Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Pita Bread Nutritional Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Pita Bread Nutritional Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Pita Bread Nutritional Guide
  - Personalized Recommendations
  - Pita Bread Nutritional Guide User Reviews and Ratings
  - Pita Bread Nutritional Guide and Bestseller Lists
5. Accessing Pita Bread Nutritional Guide Free and Paid eBooks
  - Pita Bread Nutritional Guide Public Domain eBooks
  - Pita Bread Nutritional Guide eBook Subscription Services
  - Pita Bread Nutritional Guide Budget-Friendly Options
6. Navigating Pita Bread Nutritional Guide eBook Formats

- ePub, PDF, MOBI, and More
- Pita Bread Nutritional Guide Compatibility with Devices
- Pita Bread Nutritional Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Pita Bread Nutritional Guide
  - Highlighting and Note-Taking Pita Bread Nutritional Guide
  - Interactive Elements Pita Bread Nutritional Guide
- 8. Staying Engaged with Pita Bread Nutritional Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Pita Bread Nutritional Guide
- 9. Balancing eBooks and Physical Books Pita Bread Nutritional Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Pita Bread Nutritional Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Pita Bread Nutritional Guide
  - Setting Reading Goals Pita Bread Nutritional Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Pita Bread Nutritional Guide
  - Fact-Checking eBook Content of Pita Bread Nutritional Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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