

Joseph's[™]

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

Victor M. Corman



Pita Bread Nutritional Guide:

The Navy Seal Nutrition Guide Patricia A. Deuster, 1996-06 One factor they may contribute to a person's success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices **Nutritional Guide** Healthwithcare, 2010-12 HealthWithCare TM has taken the time to specialize in motor vehicle care Our goal is to get you back to optimal health as quickly as possible HealthWithCare TM's rehabilitation nutritional and physical medicine team is an unparalleled group of clinicians who use a multidisciplinary approach to care We seek and make it our priority to provide our patients with the highest standard of care and focus on their speedy recovery If you've been in a significant auto related accident your nutritional outlook may be affected Injuries can cause decreased mobility activity fatigue appetite changes reduced muscle mass gastrointestinal problems and or inability to perform daily activities of living To optimize your recovery adequate nutrition is essential HealthWithCare TM's team of nutritionists have developed this unique and first of its kind rehabilitation guide as to educate and support your rehabilitation needs during your recovery following your motor vehicle accident

Nutritional Guidelines for Athletic Performance Lemuel W. Taylor IV, 2012-03-26 Knowing the basic nutrition requirements and combining them with proper training are the two most important factors for athletes to achieve peak performance levels Nutritional Guidelines for Athletic Performance The Training Table addresses these needs on a comprehensive basis from a training table perspective Offering practical guidelines for practitioners and athletes the book focuses on the key macronutrients that fuel daily metabolism and exercise training and explores differing needs for various athletes and their individual goals Topics discussed include General principles and physiology of caloric intake for all major macronutrients and how this pertains to both active and sedentary individuals Energy demands and nutritional requirements for strength power athletes and elite competitors in endurance sports Protein carbohydrate fat vitamin and mineral needs of athletes The importance of optimal fluid and hydration during exercise How to determine body weight for a desired body fat percentage recommended calorie consumption dietary suggestions and useful meal planning tools for a wide variety of caloric needs The difference between energy intake and energy expenditure and how athletes can eat to build muscle lose fat and optimize performance Scientific strategies on how to time exercise and food intake to more effectively replenish glycogen increase protein synthesis and blunt protein degradation How the physiological changes that accompany aging change nutrient needs and guidelines for older athletes on maximizing performance and maintaining health Structuring a diet containing appropriate amounts of macronutrients protein carbohydrates and fat and micronutrients vitamins and minerals can be a daunting task This text adequately addresses how athletes can do so in an effective and practical fashion optimizing performance and maintaining health The Ultimate Weight Solution Food Guide Phillip C. McGraw, Phil

McGraw,2004 A companion volume to The Ultimate Weight Solution offers advice on strategies for eating out portion size calorie count pantry stocking and supplements and meal replacements **Complete Nutrition Guide for Triathletes** Jamie Cooper,2012-12-04 Triathletes spend a lot of time and money making sure they have the right gear optimizing their training plans and selecting their races And part of that preparation for big race days is taking care of diet to be sure the body is properly fed to maximize athletic performance Enter The Complete Nutrition Guide for Triathletes a thorough nutritional guidebook tailored specifically for the three sport athlete to reach his triathlon goals and to cross the finish line with the best nutrition plan possible Dr Jamie A Cooper brings to the book her expert knowledge about nutrition and exercise combined with her extensive experience as an active triathlete The book covers each essential nutrient offers up tailored nutritional plans for Sprint Olympic and Ironman races and troubleshoots nutrition related issues specifically concerning the triathlete **Brain Food Guide** Jenny Smith,AI,2025-02-27 Unlock your cognitive potential with Brain Food Guide a comprehensive exploration of how nutrition impacts brain health This book dives into the connection between diet and cognitive function offering practical dietary strategies to enhance memory focus and overall mental acuity You ll discover the vital role of key nutrients like omega 3 fatty acids and antioxidants learning how they support brain function and protect against neurodegenerative diseases Did you know that the gut microbiome profoundly influences brain health Or that B vitamins are essential for cognitive processes The book presents a progressive understanding of neuro nutrition It starts with fundamental concepts then dedicates chapters to individual nutrients and food groups detailing their mechanisms and cognitive benefits Brain Food Guide synthesizes this knowledge into actionable dietary plans and recipes designed to optimize cognitive performance It distinguishes itself by taking an evidence based approach going beyond diet trends to focus on core scientific principles Finally the book examines the implications of these nutritional strategies for diverse groups including students professionals and older adults By bridging the gap between scientific findings and dietary advice Brain Food Guide empowers you to take control of your brain health through informed choices providing a clear path to improved cognitive function and long term well being *Nancy Clark's Food Guide for Marathoners* Nancy Clark,2011 Complete an entire marathon with energy to spare Nancy Clark shows you how in this book offering you the best advice on topics such as balancing carbohydrates carbohydrate loading protein and fat in your diet choosing the best snacks and losing weight while staying energetic Youll learn what when and how to eat so youll enjoy not only The American Dietetic Association's Complete Food & Nutrition Guide Roberta Larson Duyff,1996 The authority America turns to for food and nutrition advice has combined its 80 years of expertise and the newest nutrition research to offer the most comprehensive and easy to use guide on food and nutrition **Dr. Jean Mayer's Diet and Nutrition Guide** Jean Mayer,Jeanne P. Goldberg,1990 The former chairman of the White House Conference on Food Nutrition and Health gives the very latest information on nutrition in this highly reliable and accurate guide Answers are provided for anyone concerned with eating right in today s stress filled

world [The Slow Food Guide to Chicago](#) Kelly Gibson, Portia Belloc Lowndes, 2004 Aimed at locals and visitors alike this guide contains more than 50 sections that reveal fascinating details of Chicago's culinary and human histories of its diverse restaurants markets and bars and explores the city's ethnic and local food traditions Photos Maps [Betty Crocker Cookbook](#) Betty Crocker, 2007-10-19 This special heart edition is packed with information to help you be good to your heart It features over 1 000 classic and contemporary recipes more than 300 colour photos clear instructions and helpful tips Achieve ultimate wellbeing by adopting a heart healthy lifestyle [The CSIRO Low-Carb Diet Quick & Easy](#) Grant Brinkworth, Pennie Taylor, 2019-09-24 BOOK 3 OF THE 1 BESTSELLING LOW CARB DIET The CSIRO Low Carb Diet has proved phenomenally successful in helping Australians lose weight and transform their health through a low carb eating plan in combination with regular exercise Due to popular demand this new book contains over 100 brand new low carb friendly recipes that can be cooked in 20 minutes or less making it easier than ever to incorporate this way of eating into a busy lifestyle It includes an update on the science answers to all your FAQs two weekly meal plans with shopping lists plenty of ideas for meal builders drinks and snacks This is a fully researched approach to better eating and improved health from Australia's peak science organisation This is a specially formatted fixed layout ebook that retains the look and feel of the print book **Melissa's Everyday Cooking with Organic Produce** Cathy Thomas, 2021-03-19 Over four hundred recipes arranged A to Z by ingredient with tips on shopping storing nutritional content and more Invaluable Publishers Weekly starred review In Melissa's Everyday Cooking with Organic Produce the team from Melissa's World Variety Produce the nation's leading distributor of specialty fruits and vegetables compiles vital information on fresh seasonal organic produce with the best recipes for getting the most out of your organic finds This inspiring mouth watering resource packed with gorgeous full color photos is a must have for anyone who wants to incorporate organic produce into flavorful everyday meals Inside you'll find more than four hundred recipes including quick prep recipes and deliciously easy variations as well as a special section of meatless options for vegetarians Covers fifty six of the most commonly available fruits and vegetables arranged alphabetically for quick reference Includes overviews of each food what to look for when shopping tips on buying and storing produce produce varieties serving suggestions and complete nutritional information in the standard USDA format Offers Cook's Notes and tips suggested variations meatless options and complete nutrition profiles for each recipe Like an alphabetical quick reference greatest hits of produce homey easygoing recipes NPR 10 Top Summer Cookbooks **The Really Simple, No Nonsense Nutrition Guide** Edward R. Blonz, 1993 Every day Americans are faced with information overload about food nutrition and health Here is a welcome antidote for those confused and baffled about today's nutritional issues In a comfortable easy to follow format this book looks at the complexities of nutrition and breaks them down to digestible bites Covers food processing fats cholesterol supplements natural foods preservatives and more Charts [The Best-Kept Secrets of Healthy Cooking](#) Sandra Woodruff, 2000-04-10 In her nine previous cookbook bestsellers Sandra Woodruff proved that fat free

cooking is as easy and delicious as it is nutritious Now in a book that s destined to become the kitchen bible for health conscious cooks everywhere she s collected all of her best fat free and low fat recipes in a single volume Each of these recipes is a winner a table tested favorite that will please even the pickiest eaters From Creamy Mushroom Soup to Chocolate Cherry Tunnel Cake this is the only cookbook people need for a lifetime of healthy eating *Cholesterol Down* Janet Bond Brill PhD, RDN, FAND,2009-01-21 Take control of your cholesterol without using drugs Renowned nutrition and fitness expert Dr Janet Brill presents a comprehensive holistic ten step plan to lowering your LDL so you can reduce the risk of heart disease stroke and more The simple consistent and inexpensive lifestyle therapy outlined in Dr Brill s Cholesterol Down Plan could be the most important investment you make in your future health Jennifer H Mieres M D from the foreword If you are one of the more than 100 million Americans struggling with high cholesterol then Dr Janet Brill offers you a revolutionary new plan for taking control of your health without the risk of statin drugs With Dr Brill s breakthrough Cholesterol Down Plan you simply add nine miracle foods to your regular diet and thirty minutes of walking to your daily routine That s all This straightforward and easy to follow program can lower your LDL bad cholesterol by as much as 47 percent in just four weeks Cholesterol Down explains Dr Brill s ten point plan as well as the science behind it You ll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect as well as How eating whole grains helps reduce LDL cholesterol in your bloodstream Why antioxidants keep plaque from building up in your arteries How certain steps change the structure of the LDL cholesterol particles and why it s best for them to be large and fluffy Why walking just thirty minutes a day cuts dangerous belly fat With everything you need to stay focused on the plan including a daily checklist a six month chart for tracking LDL cholesterol change tools for assessing your risk level for cardiovascular disease sample weekly menus and even heart healthy recipes Cholesterol Down is the safe and effective alternative or complement to statin drugs **Cholesterol Down** Janet Bond Brill, PhD, RD, LDN,2006-12-26 Take control of your cholesterol without using drugs Renowned nutrition and fitness expert Dr Janet Brill presents a comprehensive holistic ten step plan to lowering your LDL so you can reduce the risk of heart disease stroke and more The simple consistent and inexpensive lifestyle therapy outlined in Dr Brill s Cholesterol Down Plan could be the most important investment you make in your future health Jennifer H Mieres M D from the foreword If you are one of the more than 100 million Americans struggling with high cholesterol then Dr Janet Brill offers you a revolutionary new plan for taking control of your health without the risk of statin drugs With Dr Brill s breakthrough Cholesterol Down Plan you simply add nine miracle foods to your regular diet and thirty minutes of walking to your daily routine That s all This straightforward and easy to follow program can lower your LDL bad cholesterol by as much as 47 percent in just four weeks Cholesterol Down explains Dr Brill s ten point plan as well as the science behind it You ll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect as well as How eating whole grains helps reduce LDL cholesterol in your bloodstream Why

antioxidants keep plaque from building up in your arteries How certain steps change the structure of the LDL cholesterol particles and why it's best for them to be large and fluffy Why walking just thirty minutes a day cuts dangerous belly fat With everything you need to stay focused on the plan including a daily checklist a six month chart for tracking LDL cholesterol change tools for assessing your risk level for cardiovascular disease sample weekly menus and even heart healthy recipes Cholesterol Down is the safe and effective alternative or complement to statin drugs

Tips for Using the Food Guide Pyramid for Young Children 2 to 6 Years Old, 1999 The representation of the food guide pyramid included with this booklet has been adapted for young children as follows foods are drawn in a realistic style foods are those commonly eaten by 2 to 6 year old children foods are in single serving portions when possible the food groups have shorter names the number of servings for food groups is a single number rather than a range The booklet contains healthy eating tips information on serving sizes ideas for nutritious snacks etc

The American Dietetic Association Guide to Healthy Eating for Kids Jodie Shield, M.Ed., R.D., Mary Catherine Mullen, M.S., R.D., 2007-08-17 What your kids should eat to get a real nutritional edge This is a book every parent can use and appreciate Julie O Sullivan Maillet PhD RD President American Dietetic Association Does your grade schooler ever trade away his lunch Does she only pick at her dinner at home or complain she doesn't like what's set before her The grade school years are nutritionally a very important time for children and getting your child to eat healthy and make smart choices can be a challenge Written with the full support of the American Dietetic Association the American Dietetic Association Guide to Healthy Eating for Kids arms you with practical skills to make sure your kids are eating right even when they're not under your roof Jodie Shield and Mary Catherine Mullen are mothers as well as registered dietitians with more than twenty years of professional experience in childhood nutrition Their five star system offers hands on advice on how to turn eating dilemmas into fun nutritionally educational opportunities Whether your child is a breakfast skipper an unreasonable eater a lunch trader or even a snackaholic you'll find fast real life solutions for transforming eating habits including Banishing brown bag boredom Secrets of successful family meals Smart snacks for hungry kids The top nutrition mistakes parents make Fueling your grade schooler for fitness The principles of menu planning Breakfast basics for busy families Teaching smart nutrition to your young athlete Developing a gold star feeding relationship with your child Offering delicious recipes your child won't be able to resist this timely reference gives you all the nutrition knowledge you need to teach your child how to eat smart now and for the rest of his or her life

The Wellspring Weight Loss Plan Daniel S. Kirschenbaum, 2011-03-01 The Wellspring Weight Loss Plan outlines the weight loss program of the same name that has helped thousands of teens lose weight and find happiness This plan is built on three principles science simplicity and sustainability and follows the 3 1 8 plan 3 Simple Behavioral Goals eat as little fat as possible walk at least 10 000 steps per day and write down your eating and activities 1 Challenging Mission to develop a healthy obsession 8 Steps to Developing a Healthy Obsession Make the Decision Know the Enemy Your Biology Eat to Lose Find Lovable Foods that Love You Back

Move to Lose Self Monitor and Plan Consistently Understand and Manage Stress With and Without Food and Use Slump Busters to Overcome Slumps Hundreds of news and television stories around the world have followed the development of Wellspring s programs starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010 From Wellspring Camps to Wellspring Academies the world s first boarding schools for overweight teenagers to Wellspring Vacations and Retreats eight day programs for adults Wellspring participants learn to master the 3 1 8 approach described in The Wellspring Weight Loss Plan Find out why this program works and use it to transform the lives of teens you know

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