

Low Carb Breads

**Label Reading Guidelines:
10 grams Net Carbohydrate or less per serving**

<u>BRAND</u>	<u>VARIETY</u>	<u>SERVING SIZE</u>	<u>GRAMS NET CARB.</u>
Arnold Sandwich	Fill'ems	½ bun	8
Thins	Honey Wheat	½ bun	8.5
	Multigrain	½ bun	8.5
	100% Whole Wheat	½ bun	8.5
Aunt Millies	Five Grain	1 slice	7
Healthy Goodness	Potato	1 slice	7
	Whole Grain	1 slice	7.5
	White	1 slice	7.5
Healthy Life	Whole Grain	1 slice	5
Pepperidge Farm	Very Thin	1 slice	7.5
(Serving size listed here is smaller than that listed on the package label)			
Pepperidge Farm	100% Whole Wheat	½ "flat"	7
Deli Flats			
Pepperidge Farm	Oatmeal	1 slice	8.5
Light Style	7 Grain	1 slice	7
	Soft Wheat	1 slice	7
Sara Lee Thin	100% Whole Grain	½ bun	8
Style Buns	100% Whole Wheat	½ bun	8
S. Rosen's	Dark Jewish Rye	1 slice	8
Thin Sliced	Dill Rye	1 slice	8
	Jewish Rye	1 slice	8
Trader Joe's	Sprouted 7 Grain	1	4
Wonder	Smart Wheat	1 slice	6
	Smart White	1 slice	4