Product	Wonder Classic White Bread

Nutrition	1 / 10
Serving Size	2 Slices
Calories	140
Total fat	2 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	270 mg
Total carbohydrate	30 g
Dietary fiber	1 g
Sugars	3 g
Protein	5 g
Ingredients and Process	Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Contains 2% or Less of Each of the Following: Yeast, Salt, Soybean Oil, Wheat Gluten, Dough Conditioners (Contains One or More of the Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides and/or Diglycerides, Calcium Peroxide, Calcium Iodate, DATEM, Ethoxylated Mono- and Diglycerides, Enzymes), Soy Flour, Yeast Food (Ammonium Sulfate), Monocalcium Phosphate, Calcium Sulfate, Soy, Lecithin, Calcium Propionate (to Retard Spoilage).

Quality	1 / 10
Nutrient Profile	Low nutrient profile. High on the glycemic index.

Availability	10 / 10
Cost (*prices may vary)	$2.00—$3.00
Where to Buy	At most large chain grocery stores. Metro, Freshco, No Frills, Loblaws, Whole Foods, Coppa's, Sobeys, Longos, Highland Farms, Fortinos, Real Canadian Superstore.

Scores	Nutrition	Availability	Quality
0 -5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6 – 7	Satisfactory. Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8 – 10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives