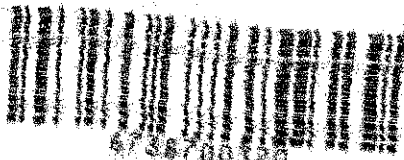


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PASTA SANITA WHOLE WHEAT SPAGHETTI

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**COOKING INSTRUCTIONS  
FOR 1 POUND OF PASTA:**

1. Bring 4 to 6 quarts of water to a rapid boil. Add 1 to 2 teaspoons salt if desired.
2. Add pasta to the boiling water, stirring occasionally.
3. Cook to desired degree of tenderness.
4. Drain pasta and serve.

**Whole Wheat Pasta**

**Nutrition Facts**

Serving Size 2 oz (56g) Dry

Amount Per Serving

Calories 180    Calories from Fat 10

% Daily Value\*

Total Fat 1g    2%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 0mg\*\*    0%

Total Carbohydrate 41g    14%

Dietary Fiber 6g    24%

Sugars 2g

Protein 7g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 10%

\*Percent daily values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	85g

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