

# BRANT FLOUR MILLS LTD

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## Whole Rye Flour Product Specification Sheet

<b>Description</b>	Milled from rye grain. The rye is free of foreign material, insect infestation, excess weeds, seeds etc., in conformance with the health protection branch.
<b>Declaration of Components</b>	No additives, untreated flour.
<b>Regulatory Status</b>	Under Health Protection Branch
<b>Standards</b>	Falling No. Test: 100's - 400's (depending on crop year)  Ash Content: 1.5 - 1.8%
<b>Storage Conditions</b>	When stored in sealed multi-walled paper bags under cool, dry and clean conditions, the product shall provide 24 weeks of satisfactory performance.
<b>Type of Packaging</b>	Multi-walled paper-bags weighing 20/40kg.  Bulk
<b>Safety Risk</b>	None
<b>Kosher Status</b>	Yes By the Kashruth Council of Canada

### Nutritional Information Per Serving of 100g (3.5oz)

<b>Energy</b>	
Calories	349.5
Kilojoules	1462.3
<b>Protein (g)</b>	9.8
<b>Fat (g)</b>	2.3
Polyunsaturates (g)	1.5
Monounsaturates (g)	0.4
Saturates (g)	0.4
Trans (g)	0
<b>Cholesterol (mg)</b>	0
<b>Carbohydrate (g)</b>	73.3
Dietary fibre (g)	12.6
Soluble fibre (g)	1.9
Insoluble fibre (g)	10.7
Sugars (mono & di sacharides) (g)	0.5
Complex Carbohydrate (g)	45.0
<b>Sodium (mg)</b>	5.0
<b>Potassium (mg)</b>	240.0
<b>Calcium (mg)</b>	30.0
<b>Iron (mg)</b>	2.4
<b>Phosphorus (mg)</b>	340.0
<b>Vitamin A (RE)</b>	0
(IU)	0
<b>Vitamin C</b>	0
<b>Thiamine (mg)</b>	0.3
<b>Riboflavin (mg)</b>	0.2
<b>Niacin (mg)</b>	3.9
<b>Ash %</b>	1.6
<b>Moisture %</b>	13.0

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