



BERNARD
FOOD INDUSTRIES, INC.®

SUGAR FREE
LOW SODIUM

LOW FAT
CHOLESTEROL FREE

DIET
PANCAKE MIX

REORDER 205123

For a good many years we have had inquiries as to whether or not it was possible to develop a **Dietary Pancake Mix**.

Each 3 inch pancake contains only 6 gms. of sodium. In addition to being a fine **Dietary Pancake Mix**, this product can also be used to make dietary waffles by simply mixing 1 ½ cups of water with one 16 ounce can of product and baking in a lightly greased waffle iron. Light, tender waffles are ready to eat as soon as the waffle iron stops steaming.

YIELD PER CASE: 660 -3" pancakes

PACK SIZE: 12 @ 16 oz.

Nutrition Facts

Serving Size 1/11 package (40g mix)
 Servings Per Container 11

Amount Per Serving

Calories 130 Calories from Fat 5

% Daily Value *

Total Fat 0.5 g **1%**

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 45 mg **2%**

Potassium 350 mg **10%**

Total Carbohydrate 30 g **10%**

Dietary Fiber 0 g 2%

Sugars 0 g

Sugar Alcohol 10 g

Protein 4 g **9%**

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 10%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

		Calories: 2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SORBITOL, CORN FLOUR, LECITHINATED SOY FLOUR, DRIED EGG WHITE WITH SODIUM LAURYL SULFATE, POTASSIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE.

Contains EGG, WHEAT, SOY