



**527**  
SERVINGS



**SHELF LIFE**  
UP TO 18 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

*Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.*

**FOOD STORAGE**  
**EMERGENCY**  
**EVERYDAY FOOD**

# Hard White Wheat

## Nutrition Facts

Serving Size: 1/4 Cup (43g dry)  
Servings Per Container: 527

Amount Per Serving

**Calories 140** Calories from Fat 5

% Daily Value\*

**Total Fat 0.5g** 1%

**Saturated Fat 0g** 0%

**Trans Fat 0g**

**Cholesterol 0mg** 0%

**Sodium 15mg** 1%

**Total Carbohydrate 31g** 10%

**Dietary Fiber 6g** 23%

**Sugars 2g**

**Protein 6g**

**Vitamin A 0%** • **Vitamin C 0%**

**Calcium 2%** • **Iron 0%**

\*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	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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### DIRECTIONS:

Use as called for in your favorite recipes.

**INGREDIENTS:** Hard white wheat berries.

**Contains allergen:** Wheat.

Contains oxygen absorber.  
Discard immediately upon opening.