



# BERNARD FOOD INDUSTRIES, INC.®

SUGAR FREE  
LOW SODIUM

LOW FAT  
CHOLESTEROL FREE

## DIET PANCAKE MIX

REORDER 205123

Bernard Dietary Pancake Mix is a sugar free mix that is easily prepared with only the addition of water. Each serving of five 3" pancakes contains only 30mg of sodium.

Bernard Dietary Pancake Mix can also be used to make dietary waffles by using 1½ cups of water with one 16 oz. bag of Pancake Mix and baking in a lightly greased waffle iron.

For a special treat, top Bernard Dietary Pancakes or Waffles with warm Bernard Calorie Control® Fruit Treat Topping.

YIELD PER CASE: 660 –3" pancakes

PACK SIZE: 12 @ 16 oz.

### Nutrition Facts

11 servings per container

Serv. size 1/11 package (40g mix)

Amount per serving

**Calories 130**

% Daily Value\*

**Total Fat** .5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 45mg **2%**

**Total Carbohydrate** 30g **11%**

Dietary Fiber <1g **2%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Sugar Alcohol 10g

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 2mg **10%**

Potassium 350mg **7%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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