



BERNARD
FOOD INDUSTRIES, INC.®

SUGAR FREE
LOW SODIUM

LOW FAT
CHOLESTEROL FREE

DIET
CORNBREAD MIX

REORDER 540063

Bernard brand Dietary Cornbread & Muffin Mix is no longer a regional item enjoyed mainly in the southern part of the United States. **Bernard brand Dietary Cornbread & Muffin Mix** can now be enjoyed everywhere in the country and everywhere a superb dietary bakery mix can enhance a special diet need.

Diabetic Exchange: A 2" x 2" square or 1 muffin is approximately equal to 1 bread exchange.

YIELD PER CASE: 144 – 2 oz. servings
or 12 – 9" x 13" sheet pans

PACK SIZE: 12 @ 16 oz.

Nutrition Facts

12 servings per container
Serv. size 1/12 package (38g mix)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 27g	10%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 1mg	8%
Potassium 300mg	6%

* 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 Meal, Lecithinated Soy Flour, Shortening Powder (Palm Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Monoglycerides, Sodium Silicoaluminate), Dried Egg White With Sodium Lauryl Sulfate, Potassium Bicarbonate, Sodium Aluminum Phosphate, Emulsifier (Propylene Glycol Mono And Diesters Of Fats And Fatty Acids, Mono And Diglycerides, Nonfat Milk, Palm Oil And Disodium Phosphate), Xanthan Gum, Artificial Flavor.
Contains Milk, Egg, Wheat, Soy