White Bread

Pepperidge Farm
Farmhouse Hearty
White Bread

SODIUM 560 mg/100g
SERVING SIZE 1 slice (43 g)

1 slice is as salty as 21 Lay’s Classic Potato Chips

70% MORE SODIUM THAN

365 Everyday Value
(Whole Foods)
Classic White Bread

SODIUM 330 mg/100g
SERVING SIZE 1 slice (40 g)

1 slice is as salty as 11 Lay’s Classic Potato Chips

Source: Data retrieved from Label Insight (https://www.labelinsight.com/about) on April 17, 2017. Sample size: n = 254. Nutrition information verified in the store or on company websites.