

# Eat Fit Bakery Product Info

## POWERED BY LA LOUISIANE BAKERY

### **Eat Fit 5 Seed Bagel | High Fiber. Reduced Sodium. Vegan.**

**Per Bagel:** 200 calories, 3 grams fat, 0 saturated fat, 160 mg sodium, 38 grams total carbohydrate, 7 grams dietary fiber, 1 gram sugar, 8 grams protein

### **Eat Fit 5 Seed Ciabatta | High Fiber. Reduced Sodium. Vegan.**

**Per Ciabatta:** 200 calories, 3 grams fat, 0 saturated fat, 160 mg sodium, 38 grams total carbohydrate, 7 grams dietary fiber, 1 gram sugar, 8 grams protein

### **Also Available: Eat Fit 5 Seed Buns, Rolls, Sliced Bread**

**EAT FIT 5 SEED BLEND:** Water, stone ground wheat flour, whole wheat flour, yeast, Eat Fit 5 Seed Blend (flaxseeds, pumpkin seeds, sunflower seeds, sesame seeds, poppy seeds), contains less than 2% of sugar, salt.

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### **Eat Fit 100% Whole Wheat Croissant | High Fiber. Sugar Free.**

**Per Croissant:** 130 calories, 3 grams fat, 1.5 grams saturated fat, 270 mg sodium, 27 grams total carbohydrate, 4 grams dietary fiber, 0 sugar, 4 grams protein.

**Ingredients:** Water, stone ground wheat flour, whole wheat flour, Swerve (erythritol, oligosaccharides), butter, contains less than 2% of yeast, salt.

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### **Eat Fit Blueberry or Cranberry Oat Muffin | High Fiber. No Sugar Added. Vegetarian.**

**Per Muffin:** 320 calories, 17 grams fat, 14 grams saturated fat, 460 mg sodium, 36 grams carbohydrate, 13 grams fiber, 2 grams sugar, 0 added sugar, 8 grams protein

**Ingredients:** **Eat Fit Oat Bran Blend** (whole wheat flour, wheat bran, oat bran, non-GMO soy bran, wheat starch), water, egg whites, coconut oil, blueberries, contains less than 2% of salt, xanthan gum, sodium stearoyl lactylate

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## INFO + ORDERING:

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For more information about Eat Fit approved products and/or more information about the Eat Fit initiative, please visit [www.OchsnerEatFit.com](http://www.OchsnerEatFit.com) or email [eatfitnola@gmail.com](mailto:eatfitnola@gmail.com)