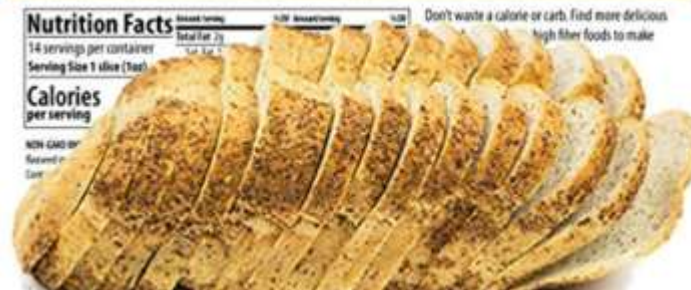


Shirataki **noodles** are long, white **noodles** also known as konjac or miracle **noodles**. They're a popular, low-**carb** alternative to **pasta** because they're very filling yet have few calories. They're made from a type of fiber known as glucomannan, which comes from the konjac plant. Oct 9, 2018

**Shirataki noodles look awful and look like soggy gelatin.**

## 6 Healthy Alternatives to Traditional Pasta

1. Zucchini Noodles or “Zoodles” Zucchini is low in saturated fat and sodium, and very low in cholesterol. ...
2. Squash Noodles. ...
3. Quinoa Pasta. ...
4. Rice Pasta. ...
5. Black Bean Pasta. ...
6. Shirataki Noodles.



- Low Carb Bread. 0g net carbs per slice means no blood sugar impact.
- Low Calorie Bread. Only 45 calories per slice. Most low carb breads contain huge amounts of extra fat and calories to make them taste good. Why waste calories when you don't need to? Even low carb dieters need to keep calories low.
- A perfect bread for diabetics, dieters, and healthy lifestyles.
- Lab tested nutritional facts for accuracy.
- No Blood Sugar Spike Guarantee and Taste Guarantee!

by ThinSlim Foods

★★★★☆ 1,264 ratings

| 49 answered questions

Price: **\$12.99** (\$0.93 / Ounce) **FREE Shipping** on orders over \$25.00 shipped by Amazon or get **Fast, Free Shipping** with Amazon Prime

- Low carb bread - 0g net carbs per slice.
- Low calorie bread - only 45 calories per slice. Most low carb breads contain huge amounts of extra fat and calories to make them taste good. Why waste calories when you don't need to? Even low carb dieters need to keep calories low
- A perfect bread for diabetics and dieters
- Incredibly low GI. No soy or soybean oil.
- Lab tested nutritional facts for accuracy.

**This bread is very very small slices and very dense. It is tasteless and hard to chew and swallow even with a liquid. I don't recommend getting it. I threw mine out as it was awful and I'll eat almost anything.**



\$7.99 per loaf

This bread is a free food. [CF] [CF] OK if you are desperate for Rye Bread.





# THIN SLICED RYE BREAD

LOW CARB • KOSHER • NON GMO

### Nutritional Facts

Serving Size: 2 Slices 1oz (28g)  
Servings per bag: 16  
Net Weight: 16 oz

### Amounts Per Serving

Calories 60    Calories from fat 25

|                       | %Daily Value* |
|-----------------------|---------------|
| Total Fat 3g          | 4%            |
| Sat Fat 0g            | 0%            |
| Trans Fat 0g          | 0%            |
| Cholesterol 0 mg      | 0%            |
| Sodium 140 mg         | 6%            |
| Total Carbohydrate 8g | 3%            |
| Dietary Fiber 7g      | 28%           |
| Sugars 0g             |               |
| Protein 7g            |               |

Vitamin A\*\*    •    Vitamin C\*\*  
Calcium 4%    •    Iron 6%  
Folic Acid 14%

\*Percent Daily Recommended Values are based on a 2000 calorie diet.

\*\*Contains less than 2%

1 NET CARB    ~~GMO~~    KOSHER    LOW CARB

for 2 slices

PLEASE FREEZE UPON RECEIPT

**Ingredients:** Water, Vital Wheat Gluten, Oat Fiber, Almond Flour, Flax Seed Meal, Wheat Fiber, Wheat Protein Isolate, Modified Wheat Starch, Virgin Olive Oil, Yeast, Calcium Propionate, Enzyme, Vinegar, Caraway Seeds, Salt, Stevia



MANUFACTURED FOR

## GREAT LOW CARB BREAD CO

323.460.6222 | www.greatlowcarb.com  
North Hollywood, CA 91601

Net Weight 16oz.

\$7.99

This bread is a Free Food. **Have not tried this bread.**



\$4.08

This bread is  $\frac{1}{2}$  carb for 1 slice and a whole carb for 2 slices. **This bread tastes good and is worth the price.** Keep in refrigerator or freeze it and take out one or two slices at a time. **This is my preferred bread of use.**

**647**

## **Nutrition Facts**

Serving Size 1 Slice (28g)

Serving Per Container 18

---

### **Amount Per Serving**

**Calories** 40 Calories from Fat 10

---

|                                | <b>% Daily Value</b> |
|--------------------------------|----------------------|
| Total Fat 1g                   | 1%                   |
| Saturated Fat 0g               | 2%                   |
| Polyunsaturated Fat 0g         | 0%                   |
| Monounsaturated Fat 0g         | 0%                   |
| Trans Fat 0g                   | 0%                   |
| <b>Cholesterol</b> 0mg         | 0%                   |
| <b>Sodium</b> 130mg            | 5%                   |
| <b>Potassium</b> 25mg          | 1%                   |
| <b>Total Carbohydrates</b> 13g | 4%                   |
| Dietary Fiber 7g               |                      |
| Sugars 1g                      |                      |
| <b>Protein</b> 2g              |                      |



## Nutrition Facts

Serving Size 16 pieces (31g)

Servings Per Container 8.0

### Amount Per Serving

**Calories** 140.0      **Calories from Fat** 45cal

### % Daily Values\*

**Total Fat** 5g **8%**

Saturated Fat 0.5g **3.0%**

Trans Fat 0.0g

**Cholesterol** 0.0mg **0.0%**

**Sodium** 200.0mg **9.0%**

**Total Carbohydrates** 22g **8%**

Dietary Fiber 3.0g **11.0%**

Sugars 4.0g

**Protein** 2.0g

Vitamin A 0%      Calcium 2.0%

Vitamin C 0%      Iron 4.0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

This is a snack Carb.

# Regular Whole Wheat Bread

## Nutrition Facts

|                               |             |
|-------------------------------|-------------|
| Serving Size                  | 45 g        |
| Servings Per Container        | ABOUT 15    |
| <b>Amount Per Serving</b>     |             |
| <b>Calories</b>               | 110.0 Cal   |
| Calories From Fat             | 15.0 Cal    |
| <b>% Daily Value</b>          |             |
| <b>Total Fat</b> 1.5g         | <b>2%</b>   |
| Saturated Fat 0.0 g           | <b>0.0</b>  |
| Trans Fat 0.0 g               |             |
| Polyunsaturated Fat 1.0 g     |             |
| Monounsaturated Fat 0.0 g     |             |
| <b>Cholesterol</b> 0.0 mg     | <b>0.0</b>  |
| <b>Sodium</b> 190.0 mg        | <b>8.0</b>  |
| <b>Potassium</b> 127.0 mg     | <b>3.0</b>  |
| <b>Total Carbohydrate</b> 24g | <b>8%</b>   |
| Dietary Fiber 4.0 g           | <b>16.0</b> |
| Sugars 3.0 g                  |             |
| <b>Protein</b> 5.0 g          |             |
| Vitamin A                     | <b>0.0</b>  |
| Vitamin C                     | <b>0</b>    |
| Calcium                       | <b>4.0</b>  |
| Iron                          | <b>6.0</b>  |
| Niacin                        | <b>10</b>   |
| Folic Acid                    | <b>0.0</b>  |

(-) Information is currently not available for this nutrient.

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:\*\*

\*\* Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.

|                    | 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 2400mg | 2400mg |
| Potassium          | 3500mg           | 3500mg |
| Total Carbohydrate | 300g             | 375g   |
| Dietary Fiber      | 25g              | 30g    |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**This bread is a carb.**