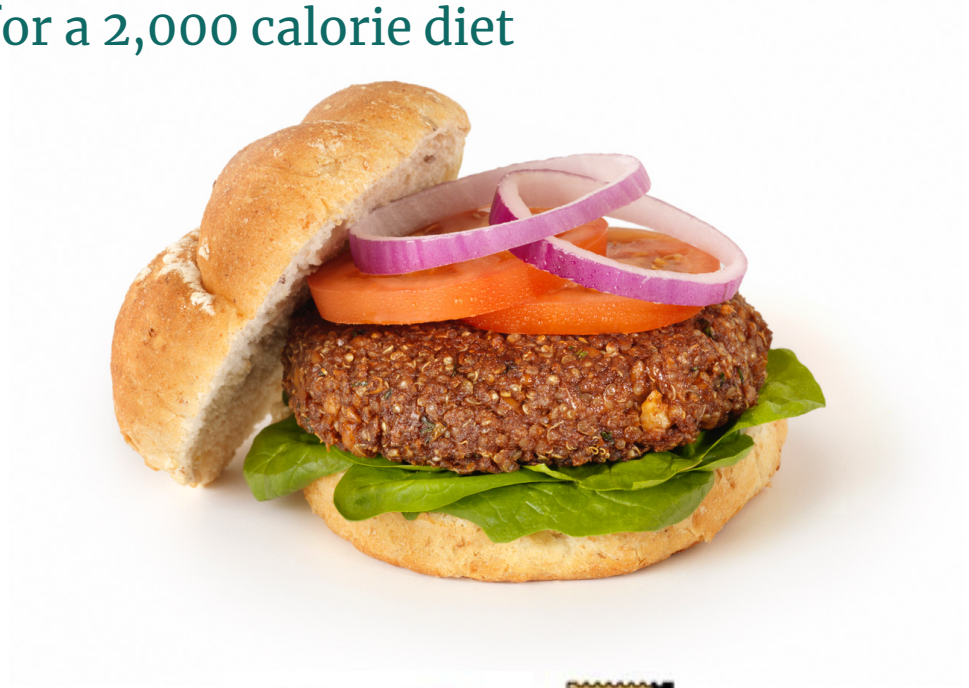
SUNNYLAND® MILLS
America's Bulgur Company®

Introducing High Fiber Bulgur powered by HealthSense® wheat

Sunnyland Mills® collaborated with Bay State Milling Company to bring you Bulgur that provides approximately TWICE the fiber compared to traditional Bulgur from prebiotic resistant starch!

Per 50g serving	Traditional Bulgur	HealthSense Bulgur
Total Dietary Fiber	7 grams	14 grams
Total Carbs	37 grams	34 grams
Total Net Carbs	30 grams	20 grams

One serving of Sunnyland's HealthSense® Bulgur provides 50% of a person's Recommended Daily Needs for a 2,000 calorie diet



Sunnyland Mills® - America's Oldest Producer of Premium Bulgur Wheat
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HealthSense® Wheat is Fiber from the Farm

Available in 3 grind sizes: #1 Fine, #2/#3 Blend and #4 Extra Coarse

Close the fiber gap with great tasting, on-trend Bulgur Wheat!

- *Prebiotic fiber for gut health and immunity*
- *Plant Based*
- *Part of the Mediterranean Diet*
- *Lower Carbs*
- *Keto Friendly*
- *Non GMO*
- *High in Fiber*
- *High in Protein*
- *Excellent Source of Vitamins*
- *Good Source of Antioxidants*
- *Nutrient Dense*
- *Better than Quinoa, Brown Rice and Barley*

HEALTHSENSE®

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