



**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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Bulgur Made with HealthSense® High Fiber Wheat
 Nutritional Comparison per 100g Bulgur

	HealthSense® Hard White Spring Bulgur - Coarse	HealthSense® Hard White Spring Bulgur - Fine	Traditional Wheat Bulgur
Total Carbohydrates (g/100g)	67*	67*	74
Total Dietary Fiber (g/100g), 'as is' Moisture Basis	30	37	13
Net Carbohydrates (g/100g), Calculated	37*	30*	60
TDF Increase from Traditional Bulgur (g/100g)	17	24	0
TDF Increase from Traditional Bulgur (% of Traditional Bulgur TDF)	127%	176%	0%
TDF (g/100g) as % of Traditional Bulgur TDF	227%	276%	100%
TDF Testing Method	AOAC 2017.16	AOAC 2017.16	AOAC **
TDF Testing Lab	Bay State Milling Internal	Bay State Milling Internal	Food Safety Net Services
TDF Testing Date	02/2022	02/2022	06/2013

* This data is sourced from the HealthSense® Whole Wheat Nutritional Data Sheet for raw wheat. Actual results may differ after wheat is processed into Bulgur.

** The Traditional Bulgur TDF testing method differs from HealthSense® Bulgur TDF testing method.