



**SUNNYLAND<sup>®</sup>  
MILLS**

America's Bulgur Company<sup>®</sup>

# Introducing High Fiber Bulgur powered by HealthSense<sup>®</sup> wheat

*Sunnyland Mills<sup>®</sup> collaborated with Bay State Milling Company to bring you Bulgur that provides approximately THREE TIMES the fiber compared to traditional Bulgur from prebiotic resistant starch!*

Per 50g serving	Traditional Bulgur	HealthSense Bulgur
Total Dietary Fiber	5 grams	14 grams
Total Carbs	37 grams	34 grams
Total Net Carbs	30 grams	20 grams

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



**Sunnyland Mills<sup>®</sup> - America's Oldest Producer of Premium Bulgur Wheat**

4469 E. Annandale Avenue, Fresno, CA 93725-2221 USA

Phone: (559)233-4983

mike@sunnylandmills.com

www.sunnylandmills.com

steve@sunnylandmills.com



SUNNYLAND®  
MILLS

America's Bulgur Company®

## 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®

**Sunnyland Mills® - America's Oldest Producer of Premium Bulgur Wheat**

4469 E. Annandale Avenue, Fresno, CA 93725-2221 USA

Phone: (559)233-4983  
mike@sunnylandmills.com

www.sunnylandmills.com  
steve@sunnylandmills.com