

Five Sami's Bakery Breads Compared With Exova Laboratory Results Side By Side

Sami's Low Carb 7 Grain Fiber Bread

28g per slice

Calories	88
Carbohydrate	10g
Fiber	8g Overstated 267%
Protein	3g
Net Carbohydrate	2g Understated 400%

Sami's Low Carb *Lavash

28g 1/2 piece*

Calories	65
Carbohydrate	11g
Fiber	10g Overstated 500%
Protein	3g
Net Carbohydrate	3g Understated 333%

Sami's Low Carb Multigrain Fiber Bread

28g 1 slice

Calories	70
Carbohydrate	11g
Fiber	8g Overstated 200%
Protein	4g
Net Carbohydrate	2g Understated 350%

Sami's Low Carb Bagels

86g per bagel

Calories	256
Carbohydrate	28g
Fiber	24g Overstated 400%
Protein	9g
Net Carbohydrate	4g Understated 700%

Sami's Low Carb **Mistake Bagels

86g per bagel

Calories	256
Carbohydrate	28g
Fiber	24g Overstated 187%
Protein	9g
Net Carbohydrate	4g Overstated 25%

Low Carb 7 Grain Fiber Bread Exova Laboratory

28g 1 slice

Calories	80
Carbohydrate	11g
Fiber	3g
Protein	4g
Net Carbohydrate	8g

Low Carb Lavash Exova Laboratory

28g 1/2 piece*

Calories	70
Carbohydrate	12g
Fiber	2g
Protein	5g
Net Carbohydrate	10g

Low Carb Multigrain Fiber Bread Exova Laboratory

28g 1 slice

Calories	70
Carbohydrate	11g
Fiber	4g
Protein	8g
Net Carbohydrate	7g

Low Carb Bagels Exova Laboratory

86g 1 bagel

Calories	230
Carbohydrate	34g
Fiber	6g
Protein	15g
Net Carbohydrate	28g

Sami's Low Carb **Mistake Bagels Exova Laboratory

86g per bagel

Calories	220
Carbohydrate	18g
Fiber	15g
Protein	20g
Net Carbohydrate	3g

Sadly, the FDA actually allows a 20% deviation in every figure except calories. Other figures may be over stated but not understated and this is where Sami's has gone wrong. Remember Sami's was also the crook behind Carb Krunchers breads and bagels.

*It is my opinion that no one would eat 1/2 Lavash-at least one and perhaps even two at a time.

****At the time I was having the Florida Dept. of Agriculture investigating Sami's products, Sami's apparently either tried to come up with a new formula bagel or...they made them especially for me and I will never know. At any rate these bagel were ridiculously inedible and horrid looking and certainly from a visual standpoint, I doubt anyone would have purchased them. As you can see from the picture they were only about 1/2 the size but weighed as much as a brick.**



In comparing the above five Sami's Bakery breads to actual laboratory reports, perhaps one question might be, where did Sami's get the (false) fiber figures used in their nutritional food facts labels?