

Flowers Foods
Reconciliation of Net Income to EBITDA from Continuing Operations
(000's omitted)

	For the 16 Weeks Ended April 24, 2010	For the Fiscal Year Ended January 2, 2010	For the Fiscal Year Ended January 3, 2009	For the Fiscal Year Ended December 29, 2007	For the Fiscal Year Ended December 30, 2006	For the Fiscal Year Ended December 31, 2005
Net Income attributable to Flowers Foods, Inc.	\$ 40,687	\$ 130,297	\$ 119,233	\$ 94,615	\$ 81,043	\$ 61,231
(Income)/loss from discontinued operations, net of tax	-	-	-	-	(6,731)	1,627
Cumulative effect of a change in accounting principle	-	-	-	-	568	-
Net income attributable to noncontrolling interest	-	3,415	3,074	3,500	3,255	2,904
Income tax expense	22,484	74,047	67,744	54,970	45,304	39,861
Interest income, net	(1,131)	(1,426)	(7,349)	(8,404)	(4,946)	(6,337)
Depreciation and amortization	25,637	80,928	73,312	66,094	64,250	59,344
EBITDA from Continuing Operations	\$ 87,677	\$ 287,261	\$ 256,014	\$ 210,775	\$ 182,743	\$ 158,630