

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

	<b>For the Fiscal Year Ended January 2, 2010</b>	<b>For the 12 Weeks Ended January 2, 2010</b>	<b>For the Fiscal Year Ended January 3, 2009</b>	<b>For the Fiscal Year Ended December 29, 2007</b>	<b>For the Fiscal Year Ended December 30, 2006</b>	<b>For the Fiscal Year Ended December 31, 2005</b>	<b>For the Fiscal Year Ended January 1, 2005</b>
Net Income attributable to Flowers Foods, Inc.	\$ 130,297	\$ 30,649	\$ 119,233	\$ 94,615	\$ 81,043	\$ 61,231	\$ 50,774
(Income)/loss from discontinued operations, net of tax	-	-	-	-	(6,731)	1,627	3,486
Cumulative effect of a change in accounting principle	-	-	-	-	568	-	-
Net income attributable to noncontrolling interest	3,415	1,109	3,074	3,500	3,255	2,904	1,769
Income tax expense	74,047	16,078	67,744	54,970	45,304	39,861	35,071
Interest income, net	(1,426)	(689)	(7,349)	(8,404)	(4,946)	(6,337)	(8,826)
Depreciation and amortization	80,928	18,931	73,312	66,094	64,250	59,344	56,702
<b>EBITDA from Continuing Operations</b>	<b>\$ 287,261</b>	<b>\$ 66,078</b>	<b>\$ 256,014</b>	<b>\$ 210,775</b>	<b>\$ 182,743</b>	<b>\$ 158,630</b>	<b>\$ 138,976</b>