

Excellent Source of
FIBER & **Made with
WHOLE GRAIN**

190
CALORIES

0g
SAT FAT
0% DV

210mg
SODIUM
9% DV

18g
SUGARS

PER 1 CUP SERVING

Good Source of
POTASSIUM



www.KFR.com

Kellogg's Raisin Bran



While Many Factors Affect Heart Disease,
Diets Low In Saturated Fat And Cholesterol
May Reduce The Risk Of Heart Disease

Delicious Raisins Perfectly Balanced
with Crisp, Toasted Bran Flakes

Two Scoops!®



ENLARGED TO
SHOW TEXTURE

CEREAL

NET WT 18.7 OZ (1 LB 2.7 OZ) (530g)

Kellogg's

Raisin Bran®

HIGH IN FIBER

Nutrition Facts

Serving Size 1 Cup (59g)
Servings Per Container About 9

Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	190	230
Calories from Fat	10	10

	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 210mg	9%	12%
Potassium 390mg	11%	17%
Total Carbohydrate 46g	15%	17%
Dietary Fiber 7g	28%	28%
Sugars 18g		

Protein 5g		
Vitamin A	10%	15%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	20%	30%
Magnesium	20%	25%
Zinc	10%	15%

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor.

Vitamins and Minerals: Potassium chloride, niacinamide, reduced iron, vitamin B₆ (pyridoxine hydrochloride), zinc oxide, vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B₁₂.

CONTAINS WHEAT INGREDIENTS.

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Questions or Comments?



VISIT kelloggs.com



CALL 1-800-962-1413

(SE HABLA ESPAÑOL)

PROVIDE PRODUCTION CODE ON PACKAGE.

