Excellent Source of FIBER & Made with WHOLE GRAIN

| 190 CALORIES | 0g SAT FAT | 210mg SODIUM | 18g SUGARS |
|---|---|---|---|
| | 0% DV | 9% DV | |

PER 1 CUP SERVING

Good Source of POTASSIUM

# Kellogg's Raisin Bran®

Kellogg's FAMILY REWARDS™
www.KFR.com

HEART HEALTHY Kellogg's SELECTION™

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 $B_6$ (pyridoxine hydrochloride), zinc oxide, vitamin $B_2$ (riboflavin), vitamin $B_1$ (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin $B_{12}$.

**CONTAINS WHEAT INGREDIENTS.**

**Distributed by Kellogg Sales Co.**
**Battle Creek, MI 49016 USA**
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**Questions or Comments?**

VISIT kelloggs.com

CALL 1-800-962-1413
*(SE HABLA ESPAÑOL)*

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