



• May Help Reduce the Risk of Heart Disease



Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers.



ENLARGED TO SHOW TEXTURE • SERVING SUGGESTION

SHREDDED WHEAT

*Original
Big Biscuit*



PER 2 BISCUITS SERVING

160 CALORIES	0g SAT FAT 0% DV	0mg SODIUM 0% DV	0g SUGARS
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18 BISCUITS
© NET WT 15 OZ (425g)



SHREDDED WHEAT

Nutrition Facts

Serving Size 2 biscuits (47g)
Servings Per Container 9

Amount Per Serving	2 Biscuits	1 Biscuit
Calories	160	80
Calories from Fat	10	5
	% Daily Value**	
Total Fat 1g*	2%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	0%
Potassium 180mg	5%	3%
Total Carbohydrate 37g	12%	6%
Dietary Fiber 6g	24%	12%
Soluble Fiber <1g		
Insoluble Fiber 5g		
Sugars 0g		
Other Carbohydrate 31g		
Protein 5g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	0%
Iron	6%	4%
Thiamin	8%	4%
Niacin	15%	8%
Vitamin B6	4%	2%
Folic Acid	4%	2%
Phosphorus	15%	8%
Magnesium	15%	8%
Zinc	10%	4%
Copper	8%	4%

* Amount in 2 Biscuits.

**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
Saturated 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. BHT IS ADDED TO THE PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS WHEAT.

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