

**18g**  
WHOLE GRAIN

**5g**  
FIBER

PER SERVING



ENLARGED TO SHOW DETAIL  
SERVING SUGGESTION



FROM OUR FAMILY  
TO YOURS



# bran flakes®

whole grain wheat cereal with bran

<b>90</b> CALORIES	<b>0.5g</b> TOTAL FAT	<b>170mg</b> SODIUM	<b>5g</b> SUGARS
PER SERVING			

ABOUT 17 SERVINGS

CONTAINS 10% OR MORE OF 15 VITAMINS & MINERALS.  
A LOW FAT & CHOLESTEROL FREE FOOD

NET WT 17.3 OZ (1 LB 1.3 OZ) 490g

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# bran flakes

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with bran

## Nutrition Facts

Serving Size 3/4 cup (29g)

Servings Per Container about 17

Amount Per Serving	Cereal	with 1/2 cup Skim Milk
<b>Calories</b>	90	130
Calories from Fat	5	5
<b>% Daily Value**</b>		
<b>Total Fat</b> 0.5g*	<b>1%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 170mg	<b>7%</b>	<b>10%</b>
<b>Potassium</b> 170mg	<b>5%</b>	<b>11%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>	<b>10%</b>
Dietary Fiber 5g	<b>20%</b>	<b>20%</b>
Soluble Fiber less than 1g		
Insoluble Fiber 4g		
Sugars 5g		
Other Carbohydrate 13g		
<b>Protein</b> 3g		

Vitamin A	25%	30%
Vitamin C	100%	100%
Calcium	0%	15%
Iron	100%	100%
Vitamin D	25%	35%
Vitamin E	100%	100%
Thiamine	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B <sub>6</sub>	100%	100%
Folate	100%	100%
Vitamin B <sub>12</sub>	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	15%	25%
Magnesium	10%	15%
Zinc	100%	100%
Copper	6%	8%

\* Amount in cereal. One-half cup skim milk contributes an additional 40 calories, less than 5mg cholesterol, 65mg sodium, 200mg potassium, 6g total carbohydrate (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
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, WHEAT BRAN, SUGAR, CORN SYRUP, SALT, MALTED BARLEY SYRUP.

**VITAMINS & MINERALS:** SODIUM ASCORBATE, ALPHA TOCOPHEROL ACETATE, NIACINAMIDE, ZINC OXIDE, REDUCED IRON, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, VITAMIN A PALMITATE, FOLIC ACID, CYANOCOBALAMIN, CHOLECALCIFEROL.

**CONTAINS: WHEAT.**

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