

HIGH FIBER



Kelloggs.com/DidYouKnow

Kellogg's

All-Bran[®]

Original



Wheat
Bran Cereal



44%
FIBER
12 GRAMS

120	0	95	9
CALORIES	SAT FAT	SODIUM	TOTAL SUGARS
	0% DV	4% DV	

PER 1/2 CUP SERVING

© NET WT 18.6 OZ (1 LB 2.6 OZ) (527g)

Nutrition Facts

About 13 servings per container
Serving size $\frac{2}{3}$ Cup (41g)

	Cereal		with $\frac{1}{4}$ cup skim milk	
Calories	120		190	
	% DV*		% DV*	
Total Fat	2g	3%	2g	3%
Saturated Fat	0g	0%	0.5g	3%
Trans Fat	0g		0g	
Polyunsat. Fat	1.5g		1.5g	
Monounsat. Fat	0g		0g	
Cholesterol	0mg	0%	<5mg	1%
Sodium	95mg	4%	170mg	7%
Total Carb.	32g	12%	41g	15%
Dietary Fiber	12g	44%	12g	44%
Soluble Fiber	3g		3g	
Insoluble Fiber	9g		9g	
Total Sugars	9g		18g	
Incl. Added Sugars	8g	16%	8g	16%
Protein	5g	5%	11g	17%
Vitamin D	2mcg	10%	4.2mcg	20%
Calcium	0mg	0%	230mg	15%
Iron	4.6mg	25%	4.6mg	25%
Potassium	330mg	6%	620mg	10%
Thiamin		20%		25%
Riboflavin		20%		45%
Niacin		20%		25%
Vitamin B ₆		20%		25%
Folate		20%		20%
(folic acid)	(45mcg)		(45mcg)	
Vitamin B ₁₂		20%		50%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Wheat bran, sugar, malt flavor, contains 2% or less of salt.

Vitamins and Minerals: Niacinamide, reduced iron, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin D₃, vitamin B₁₂.

CONTAINS WHEAT INGREDIENTS.