

**1 BOX =
1 FREE BOOK**



**FEEDING
READING**

See back for details. 1 Caja = 1 Libro Gratis. Ver detalles en la parte posterior.



Kellogg's

Raisin Bran

Crunch

Original



**HEART
HEALTHY**

While many foods affect heart
health, this one is associated with a
reduction in risk of the disease.



Delicious Raisins,
Toasted Flakes & Crunchy Oat Clusters
Glazed with a Touch of Golden Honey

190 CALORIES	0g SAT FAT 0% DV	200mg SODIUM 9% DV	19g TOTAL SUGARS
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CEREAL

© NET WT 15.9 OZ (450g)

Kellogg's
**Raisin
 Bran**
Crunch
 Original

Nutrition Facts

About 8 servings per container
 Serving size **1 Cup (55g)**

	Cereal		with ¹ / ₄ cup skim milk	
Calories	190		250	
	% DV*		% DV*	
Total Fat	1g	1%	1g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Polyunsat. Fat	0g		0g	
Monounsat. Fat	0g		0g	
Cholesterol	0mg	0%	<5mg	1%
Sodium	200mg	9%	280mg	12%
Total Carb.	45g	17%	55g	20%
Dietary Fiber	4g	16%	4g	16%
Total Sugars	13g		26g	
Incl. Added Sugars	13g	26%	13g	26%
Protein	4g		10g	
Vitamin D	0mcg	0%	2.2mcg	10%
Calcium	20mg	2%	250mg	15%
Iron	1mg	6%	1.1mg	6%
Potassium	280mg	6%	560mg	10%
Niacin		15%		20%
Phosphorus		10%		25%
Magnesium		10%		15%
Zinc		10%		15%
Copper		20%		20%
Manganese		60%		60%

*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: Whole grain wheat, sugar, rice, raisins, wheat bran, whole grain oats, brown sugar syrup, vegetable glycerin.

Contains 2% or less of corn syrup, salt, natural flavor, modified corn starch, molasses, palm oil, cinnamon, honey, mixed tocopherols (vitamin E) for freshness.

CONTAINS WHEAT INGREDIENTS.

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