



EXCELLENT
SOURCE OF
FIBER



WHEAT 'N BRAN

SHREDDED WHEAT

SPOON
SIZE®
CEREAL

simple GOODNESS®



ENLARGED TO
SHOW TEXTURE



NET WT 18 OZ
(1 LB 2 OZ) 510g

Serving Suggestion

PER 1 1/3 CUPS SERVING

210 CALORIES	0g SAT FAT 0% DV	0mg SODIUM 0% DV	0g TOTAL SUGARS
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Not a low calorie food



WHEAT 'N BRAN
SHREDDED
WHEAT

Nutrition Facts

About 9 servings per container

Serving size 1 1/3 cup (60g)

Amount per serving
Calories 210

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 49g	18%
Dietary Fiber 8g	30%
Soluble Fiber 1g	
Insoluble Fiber 7g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 2.1mg	10%
Potassium 240mg	6%
Thiamin	10%
Riboflavin	6%
Niacin	20%
Folate	6%
Phosphorus	20%
Magnesium	15%
Zinc	15%

* 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, Wheat Bran. BHT added to preserve freshness.

CONTAINS WHEAT.

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