



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 |
|-----------------|------------------------|------------------------|-----------------------|

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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