



## Nutrition Facts

About 12 servings per container

**Serving size 1 cup (36g)**

	Wheaties	with 1/2 cup skim milk
<b>Calories</b>	<b>130</b>	<b>170</b>
	<b>% DV**</b>	<b>% DV**</b>
<b>Total Fat</b> 0.5g*	<b>1%</b>	<b>1%</b>
<b>Saturated Fat</b> 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> 240mg	<b>10%</b>	<b>13%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>	<b>14%</b>
Total Sugars 5g		
Incl. Added Sugars 5g	<b>10%</b>	<b>10%</b>
<b>Protein</b> 3g		
Vitamin D 2mcg	10%	15%
Calcium 0mg	0%	10%
Iron 12.6mg	70%	70%
Potassium 130mg	2%	6%
Vitamin A	10%	15%
Vitamin C	10%	10%
Thiamin	20%	20%
Riboflavin	10%	25%
Niacin	10%	10%
Vitamin B <sub>6</sub>	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B <sub>12</sub>	20%	40%
Phosphorus	8%	15%
Magnesium	8%	10%
Zinc	20%	20%

\* Amount in cereal. A serving of cereal plus skim milk provides 1g Total Fat, less than 5mg Cholesterol, 290mg Sodium, 36g Total Carbohydrate (12g Total Sugars), 7g Protein, 3mg Vitamin D, 150mg Calcium, 320mg Potassium.

\*\* 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, Corn Syrup, Salt, Vitamin E (mixed tocopherols) Added to Preserve Freshness.**

**Vitamins and Minerals: Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), Vitamin B<sub>2</sub> (riboflavin), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.**

**CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.**