

HIGH FIBER



Kelloggs.com/DidYouKnow

*Kellogg's*

All-  
Bran

Original



Wheat  
Bran Cereal



44%  
daily value  
FIBER  
12 GRAMS

120	0	95	9
CALORIES	SAT FAT	SODIUM	TOTAL SUGAR
	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 2/3 Cup (41g)**

	Cereal		with 1/4 cup skim milk	
<b>Calories</b>	<b>120</b>		<b>190</b>	
	% DV*		% DV*	
<b>Total Fat</b>	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	
<b>Cholesterol</b>	0mg	0%	<5mg	1%
<b>Sodium</b>	95mg	4%	170mg	7%
<b>Total Carb.</b>	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%
<b>Protein</b>	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 <sub>6</sub>		20%		25%
Folate		20%		20%
(folic acid)	(45mcg)		(45mcg)	
Vitamin B <sub>12</sub>		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 B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), folic acid, vitamin D<sub>3</sub>, vitamin B<sub>12</sub>.

**CONTAINS WHEAT INGREDIENTS.**