



EXCELLENT
SOURCE OF
FIBER



WHEAT 'N BRAN

SHREDDED WHEAT

SPOON
SIZE®
CEREAL

Simple GOODNESS™



NET WT 18.0Z
(1 LB 2.0Z) 510g

Per 1 1/3 cups serving

210	0	0	0
Calories	Sat Fat	Sodium	Total Sugar

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.