

Post Bran Flakes

Nutrition Facts

Serving Size 3/4 cup (30g)
 Servings Per Container (16 oz) about 15

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	100	140
Calories from Fat	5	5
% Daily Value**		
Total Fat 0.5g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 160mg	7%	10%
Potassium 160mg	5%	10%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 6g	24%	24%
Soluble Fiber <1		
Insoluble Fiber 5g		
Sugars 6g		
Other Carbohydrate 12g		
Protein 3g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	50%	50%
Vitamin B12	25%	35%
Phosphorus	15%	25%
Magnesium	15%	20%
Zinc	10%	15%
Copper	8%	8%

*Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients

Whole Grain Wheat, Wheat Bran, Sugar, Wheat Flour, Malted Barley Flour, Salt. Bht Added To Packaging Material To Preserve Product Freshness.

Vitamins and Minerals

Reduced Iron, Niacinamide, Zinc Oxide (Source Of Zinc), Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Folic Acid, Vitamin B12, Vitamin D.

CONTAINS: WHEAT.



Product formulations may change. For current nutrition facts and ingredient line information check product packaging.