

Grape-Nuts

Nutrition Facts

Serving Size 1/2 cup (58g)
 Servings Per Container (20.5 oz) about 10, (29 oz) about 14, (64 oz) about 31

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	210	250
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 270mg	11%	14%
Potassium 230mg	7%	12%
Total Carbohydrate 47g	16%	18%
Dietary Fiber 7g	28%	28%
Soluble Fiber 1g		
Insoluble Fiber 6g		
Sugars 5g		
Other Carbohydrate 35g		
Protein 6g	6%	14%
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	90%	90%
Vitamin D	0%	15%
Thiamin	25%	30%
Riboflavin	4%	15%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	50%	50%
Vitamin B12	0%	8%
Phosphorus	20%	30%
Magnesium	20%	25%
Zinc	8%	10%
Copper	10%	10%

*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
Protein		50g	65g

Ingredients

Whole Grain Wheat Flour, Malted Barley Flour, Salt, Dried Yeast.

Vitamins and Minerals

Reduced Iron, Niacinamide, Zinc Oxide (Source Of Zinc), Vitamin B6, Thiamin Mononitrate (Vitamin B1), Folic Acid.

CONTAINS: WHEAT.



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