



SHREDDED WHEAT

Frosted Strawberry Cereal

Naturally Flavored



Nutrition Facts

Serving Size 1 bowl (28g)
Calories 100
Calories from Fat 0

*Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.5g	1%	Potassium 100mg	3%
Saturated Fat 0g	0%	Total Carbohydrate 23g	8%
Trans Fat 0g		Dietary Fiber 3g	12%
Cholesterol 0mg	0%	Sugars 5g	
Sodium 0mg	0%	Protein 3g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 25% Thiamin 40% • Niacin 10% • Vitamin B6 10% • Folic Acid 6% Pantothenic Acid 6%			

Ingredients: Whole Grain Wheat, Sugar, Gelatin, Natural Flavor, Vegetable Juice (color). Freshness preserved with Vitamin E (mixed tocopherols).

Vitamins & Minerals: Reduced Iron, Folic Acid, Niacinamide (Vitamin B3), Calcium Pantothenate (Vitamin B5), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6).

Contains Wheat.

1 BOWL = 1 OZ EQUIVALENT GRAIN



1-800-431-7678 or visit us on the web at:
PostConsumerBrands.com

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5g sugar
Per serving



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NET WT 1 OZ (28g)

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