



SELF-SERVE BOWL

WHEATIES

TOASTED
WHOLE
WHEAT
FLAKES

THE BREAKFAST OF CHAMPIONS®

Nutrition Facts	Amount/Serving		%DV*	
	Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 1 bowl (23g) (¾ cup)	Total Fat 0.5g	1%	Potassium 75mg	2%
Calories 80 Fat Cal. 5	Sat. Fat 0g	0%	Total Carb. 19g	6%
	Trans Fat 0g		Fiber 2g	9%
	Cholest. 0mg	0%	Sugars 4g	
	Sodium 170mg	7%	Protein 2g	

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

Vitamin A 8% • Vitamin C 8% • Calcium 0% • Iron 40% • Vitamin D 8% • Thiamin 40% • Riboflavin 40% • Niacin 40% • Vitamin B₅ 40% • Folic Acid 40% • Vitamin B₁₂ 40% • Phosphorus 6% • Magnesium 4% • Zinc 40%

Ingredients: Whole Grain Wheat, Sugar, Salt, Corn Syrup, Trisodium Phosphate. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin B₅ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

CHILD NUTRITION PROGRAM: 1 BOWLPAK = 1 BREAD EQUIVALENT

COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.



NET WT 13/16 OZ (23g)

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