

365 Whole Foods

Fruit and Nut Muesli Cereal



17 oz.



10 g total sugars in 64 g dry cereal meets sugar limits.

Serving size 1/2 cup (64g)	
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 47g	17%
Dietary Fiber 8g	29%
Soluble Fiber 2g	
Insoluble Fiber 6g	
Total Sugars 10g	
Includes 0g Added Sugars	0%

The first ingredient is whole grain and ALL grains are whole grain.

INGREDIENTS: WHOLE GRAIN ROLLED WHEAT, DRIED DATES (DATES, OAT FLOUR), SUNFLOWER KERNELS, WHOLE GRAIN ROLLED RYE, RAISINS (RAISINS, EXPELLER PRESSED CANOLA OIL), WHOLE GRAIN ROLLED BARLEY, WHOLE GRAIN ROLLED OATS, FLAXSEED, ALMONDS, WALNUTS.