	Serving size 1 cu	(55g)
365	Amount per serving Calories 1	70
249	% 0a	ily Value*
Delain	Total Fat 1g	1%
Raisin	Saturated Fat 0g	0%
Bran Whole Wheet and Eran Coreal with Plump Relative	Trans Fat Og	
	Cholesteral Omg	0%
	Sodium 240mg	10%
	Total Carbohydrate 43g	16%
	Dietary Fiber 8g	29%
English Source OFFiber Of 4 D Visionins	Total Sugars 15g	
MENNESON (ASS) CONTRACTOR CONTRACTOR (ASS)	Includes 8g Added Sugars	16%

55 grams of cereal can have up to 12 grams added sugar (meets 10/1/25 sugar limits).

The first ingredient is whole grain and the cereal is enriched/fortified.

INGREDIENTS: WHOLE GRAIN WHEAT, RAISINS, WHEAT BRAN, CANE SUGAR, BARLEY MALT EXTRACT, SALT, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), NIACINAMIDE (VITAMIN B3), CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID (VITAMIN B9).

Cereal is enriched/fortified.