

365 Whole Foods

Wheat Squares, Plain



14 oz.

1 g total sugars in 61 g dry cereal meets sugar limits.

Serving size 1¼ cup (61g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 48g	17%
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 0g Added Sugars	0%

The first and only grain ingredient is whole grain.

INGREDIENTS: WHOLE WHEAT, MIXED TOCOPHEROLS (TO MAINTAIN FRESHNESS).

365 Whole Foods

Wheat Squares, Frosted



16 oz.



12 g total sugars in 60 g dry cereal meets sugar limits.

Serving size 1 cup (60g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 50g	18%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 12g Added Sugars	24%

The first and only grain ingredient is whole grain.

Ingredients: Whole Wheat, Cane Sugar, Mixed Tocopherols (To Maintain Freshness), Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Tricalcium Phosphate, Folic Acid (Vitamin B9), Cyanocobalamin (Vitamin B12).