

Barbara’s Bakery

Shredded Wheat



13 oz UPC: 0007061700606 UPC : 070617006061

0 g total sugars in 51 g cereal meets sugar limits

Nutrition Facts			
About 8 servings per container			
Serving size		2 biscuits (51g)	
	2 Biscuits	1 Biscuit	
Calories	170	90	
	%DV*	%DV*	
Total Fat	1g1%	0.5g1%	
Saturated Fat	0g0%	0g0%	
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0g	
Monounsaturated Fat	0g	0g	
Cholesterol	0mg0%	0mg0%	
Sodium	0mg0%	0mg0%	
Total Carbohydrate	41g15%	21g8%	
Dietary Fiber	7g24%	3g12%	
Soluble Fiber	1g	0g	
Insoluble Fiber	6g	3g	
Total Sugars	0g	0g	
Includes Added Sugars	0g0%	0g0%	

The one and only grain ingredient is whole grain.

INGREDIENTS
WHOLE GRAIN WHEAT