

Essential Everyday

Bran Flakes



7 g total sugars in 40 d dry cereal meets sugar limits.

Nutrition Facts			
about 12 servings per container			
Serving size		1 cup (40g)	
Calories	130	170	
	% DV*	% DV*	
Total Fat	1g 2%	1.5g 2%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0.5g	
Monounsaturated Fat	0g	0g	
Cholesterol	0mg 0%	<5mg 1%	
Sodium	290mg 12%	340mg 15%	
Total Carbohydrate	32g 11%	38g 14%	
Dietary Fiber	6g 22%	6g 22%	
Total Sugars	7g	13g	
Incl. Added Sugars	7g 12%	7g 12%	

Ingredients

Fortified

Whole Grain Wheat, Wheat Bran, Sugar, Brown Sugar Syrup, Salt, Barley Malt Extract. Vitamins & Minerals: Vitamin C (Ascorbic Acid), Iron (Ferric Orthophosphate), Vitamin E (Acetate), Pantothenic Acid, Niacinamide, Zinc (Zinc Oxide), Vitamin B1 (Thiamine Mononitrate), Vitamin A (Palmitate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12 (Cyanocobalamin), Vitamin D (Cholecalciferol). BHT Added to Packaging to Help Preserve Freshness.