

Essential Everyday

Bite Size Shredded Wheat



16.4 oz.



0 g total sugars meets sugar limits.

Nutrition Facts	
servings per container	
Amount Per Serving	
Calories	200
% Daily Values *	
Total Fat 1.5g	2 %
Saturated Fat 0g	%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0 %
Sodium 10mg	0 %
Total Carbohydrate 48g	17 %
Dietary Fiber 8g	29%
Soluble Fibre 2g	
Insoluble Fiber 6g	
Total Sugars 0g	
Added Sugars 0g	%

One and only grain ingredient is whole grain.

Ingredients

Whole Grain Wheat, Freshness Preserved with Vitamin E (Mixed Tocopherols).

Essential Everyday

Bite Size Shredded Wheat, Frosted



18 oz.



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

Nutrition Facts	
about 8 servings per container	
Serving size	21 biscuits (60g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 50g	18%
Dietary Fiber 6g	23%
Soluble Fiber 1g	
Insoluble Fiber 5g	
Total Sugars 12g	
Includes 12g Added Sugars	24%

1st and only grain ingredient is whole grain.

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, GELATIN. BHT ADDED TO PRESERVE FRESHNESS.

Essential Everyday

Bite Size Shredded Wheat, Frosted Strawberry Cream



13 g total sugar in 60 g dry cereal meets sugar limits

Nutrition Facts	
about 8 servings per container	
Serving size	21 biscuits (60g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 5g	11%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 49g	18%
Dietary Fiber 6g	22%
Soluble Fiber 5g	
Insoluble Fiber 5g	
Total Sugars 13g	
Includes 11g Added Sugars	22%

The first and only grain ingredient is whole grain.

Ingredients

Whole Grain Wheat, Sugar, Gelatin, Natural and Artificial Flavor, Red 40, Blue 1, BHT Added to Preserve Freshness, Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Folic Acid, Zinc Oxide (Source of Zinc), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin B12.