

Food Club Raisin Bran



Serving Size	1 cup (59g)
Amount Per Serving	
Calories	200
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrates 46g	17%
Dietary Fiber 8g	28%
Insoluble Fiber 3g	
Total Sugars 16g	
Includes 7g Added Sugars	13%

59 grams of cereal can have up to 13 grams added sugar (meets 10/1/25 sugar limits).

The first ingredient is whole grain and this cereal is fortified.

Whole Grain Wheat

Raisins

Wheat Bran

Sugar

Brown Sugar Syrup

Salt

Malted Barley Syrup

Potassium Chloride

Vitamins and Minerals:

Reduced Iron

Niacinamide

Zinc Oxide

Pyridoxine Hydrochloride (Vitamin B6)

Vitamin A Palmitate

Riboflavin (Vitamin B2)

Thiamin Mononitrate (Vitamin B1)

Folic Acid

Vitamin D

Vitamin B12

**This cereal
is fortified.**