

Food Club

Bran Flakes



BRAN FLAKES WHEAT CEREAL

17.30 oz

036800558168

6 g total sugars in 39 g cereal meets sugar limits.

Serving Size		1 cup (39g)
Amount Per Serving		
Calories		120
		% Daily Value *
Total Fat	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	230 mg	10%
Total Carbohydrate	31 g	11%
Dietary Fiber	7 g	24%
Soluble Fiber	< 1 g	
Insoluble Fiber	5 g	
Total Sugars	6 g	
Added Sugars	6 g	11%

Ingredients
Whole Grain Wheat
Wheat Bran
Sugar
Corn Syrup
Salt
Malted Barley Syrup
Vitamins and Minerals
Sodium Ascorbate (Vitamin C)
Reduced Iron
Niacinamide
Alpha Tocopherol Acetate (Vitamin E)
Zinc Oxide
Calcium Pantothenate
Pyridoxine Hydrochloride (Vitamin B6)
Riboflavin (Vitamin B2)
Thiamine Mononitrate (Vitamin B1)
Vitamin A Palmitate
Folic Acid
Vitamin D
Vitamin B12

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