

Food Club

Shredded Wheat – Frosted



FOOD CLUB BITE SIZE FROSTED SHREDDED WHEAT CEREAL 32 OZ

32.00 oz

036800399730

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

Serving Size	1 cup (60g)
Amount Per Serving	
Calories	220
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 52g	19%
Dietary Fiber 6g	20%
Total Sugars 12g	
Includes 12g Added Sugars	24%

The first and only grain ingredient is whole grain.

Whole Wheat, Sugar, Gelatin, Tricalcium Phosphate. Vitamins & Minerals: Reduced Iron, Niacinamide, Zinc (Zinc Oxide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Mononitrate), Folic Acid, Vitamin B12 (Cyanocobalamin).

Food Club

Shredded Wheat – Strawberry



FOOD CLUB BITE SIZE SHREDDED WHEAT
STRAWBERRY FROSTED CEREAL 16.3 OZ

16.3 OZ

036800497351

BITE SIZE STRAWBERRY FROSTED SHREDDED WHEAT CEREAL

18.00 oz

036800292086

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

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 49g	18%
Dietary Fiber 6g	23%
Soluble Fiber 1g	
Insoluble Fiber 5g	
Total Sugars 12g	
Includes 11g Added Sugars	23%

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.
CONTAINS: WHEAT.