

Food Club

Wheat Squares



WHEAT SQUARES TOASTED CEREAL
14.00 oz
036800291881

6 g total sugars in 58 g dry cereal meets sugar limits.

Serving Size		1 cup (58g)
Amount Per Serving		
Calories		200
		% 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	330 mg	14%
Total Carbohydrate	48 g	17%
Dietary Fiber	6 g	22%
Total Sugars	6 g	
Added Sugars	6 g	13%

Whole Grain Wheat Flour
Sugar
Molasses
Salt
Tripotassium Phosphate
Mixed Tocopherols (Added to Preserve Freshness)
Vitamins and Minerals
Calcium Carbonate
Reduced Iron
Sodium Ascorbate (Vitamin C)
Zinc Oxide
Niacinamide
Pyridoxine Hydrochloride (Vitamin B6)
Riboflavin (Vitamin B2)
Thiamin Mononitrate (Vitamin B1)
Folic Acid
Vitamin A Palmitate
Vitamin D
Vitamin B12

The first and only grain ingredient is whole grain.