

Bran Flakes



UPC : 013415450964

6 g total sugars in 39 g dry cereal meets sugar limits:

Nutrition Facts	
about 11 servings per container	
Serving size	1 cup (39g)
Amount per serving	
Calories	120
% Daily Values*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Soluble Fiber <1g	
Insoluble Fiber 5g	
Total Sugars 6g	
Includes 6g Added Sugars	12%

First ingredient is whole grain, 2nd grain ingredient is bran, and the cereal is fortified.

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 **Fortified** HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMINE MONONITRATE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D, VITAMIN B₁₂.

CONTAINS WHEAT.