

Great Value

Bite Size Shredded Wheat – Frosted



12 grams total sugars in 60 grams dry cereal meets sugar limits:

Nutrition Facts	
about 11 servings per container	
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 50g	18%
Dietary Fiber 6g	21%
Total Sugars 12g	

The only grain ingredient is whole grain:

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, GELATIN. 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.

Great Value

Bite Sized Shredded Wheat - Original



0 g total sugars in 60 g dry cereal meets sugar limits

Nutrition Facts		
about 8 servings per container		
Serving size 25 biscuits (60g)		
Amount per serving		
Calories		200
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0.5g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	48g	17%
Dietary Fiber	8g	29%
Total Sugars	0g	
Includes 0g Added Sugars		0%

The first and only grain ingredient is whole grain.

INGREDIENTS: WHOLE GRAIN WHEAT, MIXED TOCOPHEROLS (VITAMIN E) ADDED TO PRESERVE FRESHNESS.
CONTAINS WHEAT.

Great Value

Bite Size Shredded Wheat – Strawberry



16.3 oz



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

Nutrition Facts	
about 8 servings per container	
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	21%
Soluble Fiber 1g	
Insoluble Fiber 5g	
Total Sugars 12g	
Includes 11g Added Sugars	22%

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.