

Grain Berry

Shredded Wheat



14 oz.



0 g total sugars in 49 g dry cereal meets sugar limits.

Serving Size 1 cup (49g)	
Servings Per Container about 8	
Amount Per Serving	Cereal
Calories	180
Calories from Fat	10
	%
Total Fat 1g*	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 180mg	5%
Total Carbohydrate 38g	13%
Dietary Fiber 5g	20%
Sugars 0g	

All grain ingredients are whole grain.

Ingredients: Whole Grain Wheat, Whole Grain ONYX Sorghum, Tocopherols (Vitamin E) Added to Maintain Freshness.