

Hy-Vee

Shredded Wheat, Frosted



18 oz.

UPC: 0075450075620

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 50g	18%
Dietary Fiber 6g	23%
Soluble Fiber 1g	
Insoluble Fiber 5g	
Total Sugars 12g	

The first and only grain ingredient is whole grain.

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, GELATIN, FRESHNESS PRESERVED WITH VITAMIN E (MIXED TOCOPHEROLS), VITAMINS AND MINERALS: REDUCED IRON, FOLIC ACID, NIACINAMIDE (VITAMIN B3), CALCIUM PANTOTHENATE (A B-VITAMIN), THIAMIN MONONITRATE (VITAMIN B1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).

Hy-Vee

Shredded Wheat, Maple Brown Sugar



16.5 oz.

UPC: 0075450075630

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

Serving size		1 cup (60g)	
		Per 1 cup dry cereal	Per 1 cup cereal with 1/2 cup fat free milk
Calories		220	260
		% DV*	% DV*
Total Fat	1g	1%	1.5g 2%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Polysat. Fat	1g		1g
Monouns. Fat	0g		0g
Cholesterol	0mg	0%	<5mg 1%
Sodium	10mg	0%	60mg 3%
Total Carbohydrate	52g	19%	58g 21%
Dietary Fiber	6g	20%	6g 20%
Total Sugars	12g		18g
Incl. Added Sugars	12g	24%	12g 24%

The first and only grain ingredient is whole grain.

Whole Wheat, Sugar, Brown Sugar, Corn Starch, Natural and Artificial Flavor, Gelatin, Color (Caramel), Reduced Iron, Niacin (Niacinamide), Zinc (Zinc Oxide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Mononitrate), Tricalcium Phosphate, Folic Acid, Vitamin B12 (Cyanocobalamin). Contains wheat.

Hy-Vee

Shredded Wheat, Plain



17.2 oz.

UPC: 0075450087350

1 g total sugars in 61 g dry cereal meets sugar limits.

Serving size		1-1/4 cup (61g)	
	cereal	cereal with 1/2 cup fat free milk	
Calories	230	270	
	% Daily Value*	% Daily Value*	
Total Fat	1g 1%	1g	1%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Polyunsaturated Fat	0g	0g	
Monounsaturated Fat	0g	0g	
Cholesterol	0mg 0%	< 5mg	1%
Sodium	5mg 0%	60mg	3%
Total Carbohydrate	48g 17%	54g	19%
Dietary Fiber	6g 20%	6g	20%
Total Sugars	< 1g	7g	
Incl. Added Sugars	0g 0%	0g	0%

The one and only ingredient is whole grain.

Whole Wheat.

Hy-Vee

Shredded Wheat, Strawberry Cream



16.3 oz.

UPC: 0075450075640

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.

Whole Grain Wheat, Sugar, Contains 2% or Less of: Natural and Artificial Flavor, Gelatin, Red 40, Blue 1, BHT (to Preserve Freshness), Vitamins and Minerals: Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Niacin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Vitamin B12, Reduced Iron, Zinc (Zinc Oxide).Contains: Wheat.