

Hy-Vee

Wheat Flakes



18 oz.

UPC: 0075450084370

5 g total sugars in 40 g dry cereal meets sugar limits.

Serving size		1-1/4 cups (40g)	
		Per 1-1/4 cups dry cereal	Per 1-1/4 cups cereal with 1/2 cup fat free milk
Calories		150	190
		% DV*	% DV*
Total Fat	1g	1%	1g 1%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Polyunsaturated Fat	0.5g		0.5g
Monounsaturated Fat	0g		0g
Cholesterol	0mg	0%	<5mg 1%
Sodium	230mg	10%	290mg 13%
Total Carbohydrate	33g	12%	39g 14%
Dietary Fiber	4g	14%	4g 14%
Total Sugars	5g		12g
Incl. Added Sugars	5g	10%	5g 10%

The first and only grain ingredient is whole grain.

Whole Wheat, Sugar, Salt, Corn Syrup, Calcium Carbonate, Iron (Ferric Orthophosphate), Vitamin C (Sodium Ascorbate), Natural Flavor, Vitamin A (Palmitate), Trisodium Phosphate, Vitamin E (Acetate), Niacinamide, Zinc (Zinc Oxide), Molasses, Vitamin B1 (Thiamine Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin D (Cholecalciferol), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12 (Cyanocobalamin). Contains wheat.