

Hospitality – Foodservice Cereals

Whole Wheat Flakes



Case UPC **10071923762594**

Retail UPC **071923762597**

4 g total sugars in 30 g dry cereal meets sugar limits.

Serving Size 1 Cup (30g)	
Servings Per Container Varied	
Amount Per Serving	
Calories 120	Calories From Fat 5
% Daily Value*	
Total Fat .5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Potassium 65mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	13%
Sugars 4g	

The first and only grain ingredient is whole grain.

whole wheat, sugar, salt, corn syrup, calcium carbonate, iron (ferric orthophosphate), natural flavor, vitamin C (sodium ascorbate), vitamin A (palmitate), trisodium phosphate, niacinamide, molasses, vitamin B1 (thiamine mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin D (cholecalciferol), vitamin B2 (riboflavin), folic acid. **BHT added to packaging to help preserve ***BHT added to packaging to help preserve ***Contains: Wheat Ingredients.