

Kellogg's

Frosted Mini-Wheats - Blueberry



00038000199387 14.3 oz. 00038000199400 22 oz.

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

Serving Size 25 Biscuits (60 g)

Amount Per Serving	C
Calories	210
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	51 g
Dietary Fiber	6 g
Soluble Fiber	1 g
Insoluble Fiber	5 g
Total Sugars	12 g
Includes 12g Added Sugars	12 g

The first and only grain ingredient is whole grain.

Ingredients:

Whole grain wheat

sugar

contains 2% or less of

Kellogg's

Frosted Mini-Wheats – Chocolate Frosted Little Bites



00038000199530

15.9 oz.



00038000202094

23 oz.

12 g total sugars in 56 g dry cereal meets sugar limits.

Serving Size 1 Cup (56 g)

Amount Per Serving	Ce
Calories	190
	%
Total Fat	2 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	45 g
Dietary Fiber	6 g
Soluble Fiber	<1 g
Insoluble Fiber	5 g
Total Sugars	12 g
Includes 12g Added Sugars	12 g

The first and only grain ingredient is whole grain.

Ingredients:

Whole grain wheat

sugar

semisweet chocolate (sugar,
extract)

cocoa processed with alkali

contains 2% or less of salt

Kellogg's

Frosted Mini-Wheats – Cinnamon Roll



00038000245688 22 oz.

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

Serving Size 29 Biscuits (60 g)	
Amount Per Serving	Calories
Calories	210
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	50 g
Dietary Fiber	7 g
Soluble Fiber	<1 g
Insoluble Fiber	5 g
Total Sugars	12 g
Includes 12g Added Sugars	12 g

The first and only grain ingredient is whole grain.

Ingredients:

Whole grain wheat

sugar

contains 2% or less of

Kellogg's

Frosted Mini-Wheats – Original



00038000318290

18 oz.



00038000318344

24 oz.



00038000207501

32 oz.

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

Serving Size 25 Biscuits (60 g)

Amount Per Serving	C
Calories	210
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	51 g
Dietary Fiber	6 g
Soluble Fiber	<1 g
Insoluble Fiber	5 g
Total Sugars	12 g
Includes 12g Added Sugars	12 g

The first and only grain ingredient is whole grain.

Ingredients:

Whole grain wheat

sugar

contains 2% or less of

Kellogg's

Frosted Mini-Wheats – Original Little Bites



00038000199554 15.9 oz.

11 g total sugars in 56 g meets sugar limits.

Serving Size 1 Cup (56 g)

Amount Per Serving	C
Calories	190
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	47 g
Dietary Fiber	6 g
Soluble Fiber	<1 g
Insoluble Fiber	5 g
Total Sugars	11 g
Includes 11g Added Sugars	11 g

The first and only grain ingredient is whole grain.

Ingredients:

Whole grain wheat

sugar

contains 2% or less of

Kellogg's

Frosted Mini-Wheats – Pumpkin Pie Spice



00038000199578 14.3 oz.

12 g total sugars in 59 g dry cereal meets sugar limits.

Serving Size 27 Biscuits (59 g)	
Amount Per Serving	
Calories	210
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	49 g
Dietary Fiber	6 g
Soluble Fiber	<1 g
Insoluble Fiber	5 g
Total Sugars	12 g
Includes 12g Added Sugars	12 g

The first and only grain ingredient is whole grain.

Ingredients:

Whole grain wheat

sugar

contains 2% or less of

Kellogg's

Frosted Mini-Wheats - Strawberry



00038000199462 14.3 oz.

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

Serving Size 25 Biscuits (60 g)

Amount Per Serving	C
Calories	210
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	51 g
Dietary Fiber	6 g
Soluble Fiber	1 g
Insoluble Fiber	5 g
Total Sugars	12 g
Includes 12g Added Sugars	12 g

The first and only grain ingredient is whole grain.

Ingredients:

Whole grain wheat

sugar

contains 2% or less of