

Kroger

Shredded Wheat – Frosted



18 oz UPC: 0001111086705

12 g total sugars in 60 g meets sugar limits.

Serving size 21 biscuits (60 gram)	
Amount per serving	
Calories	210
% Daily value*	
Total Fat 1g	1.28%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0.22%
Total Carbohydrate 50g	18.18%
Dietary Fiber 6g	21.43%
Sugar 12g	
Added Sugar 12g	24%

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).

Kroger

Shredded Wheat – Frosted Strawberry



16.3 oz UPC: 0001111078708

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	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 49g	18%
Dietary Fiber 6g	23%
Sugar 12g	0%
Added Sugar 11g	23%

The first and only grain ingredient is whole grain.

Ingredients

Whole Grain Wheat, Sugar, Gelatin, Natural and Artificial Flavor, Red 40, Blue 1. BHT Added to Preserve Freshness. Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Folic Acid, Zinc Oxide (Source of Zinc), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin B12.

Kroger

Shredded Wheat – Plain



16.4 oz UPC: 0001111003249

0 g total sugars meets sugar limits.

Serving size

Amount per serving

Calories 200

% Daily value*

Total Fat 1.5g 1.92%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0.43%

Total Carbohydrate 48g 17.45%

Dietary Fiber 8g 28.57%

Sugar 0g

Added Sugar 0g 0%

The first and only grain ingredient is whole grain.

Ingredients

Whole Grain Wheat, Mixed Tocopherols (Vitamin E) Added To Preserve Freshness.