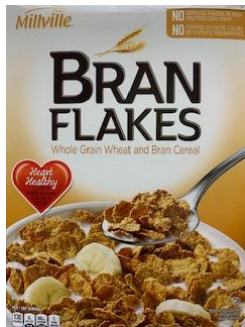


Millville

Bran Flakes



407991000127866

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

Serving size		1 cup (40g)		
		Dry	Drizzled with 1/2 cup Fat Free Milk	
Calories		130	170	
		% DV*	% DV*	
Total Fat	1/2	2%	1 1/2	2%
Saturated Fat	1/2	0%	1/2	0%
Trans Fat	0g		0g	
Polyunsaturated Fat	1 1/2g		1 1/2g	
Monounsaturated Fat	0g		0g	
Cholesterol	1mg	0%	1mg	1%
Sodium	20mg	12%	20mg	15%
Total Carb	32g	12%	30g	14%
Dietary Fiber	4g	22%	4g	22%
Total Sugars	7g		12g	
incl. Added Sugar	1g	10%	2g	10%

The first ingredient is whole grain and the cereal is fortified.

INGREDIENTS: WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, SALT, BARLEY MALT EXTRACT.
VITAMINS AND MINERALS: VITAMIN C (ASCORBIC ACID), IRON (FERRIC ORTHOPHOSPHATE), VITAMIN E (ACETATE), PANTOTHENIC ACID, NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN), VITAMIN D (CHOLECALCIFEROL).
CONTAINS: WHEAT.

Millville

Crispy Oats



4 099100 031065

0 g total sugars in 41 g dry cereal meets sugar limits.

Nutrition Facts	
About 8 servings per container	
Serving size 1 1/2 cup (41g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Insoluble Fiber 2g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	

The first ingredient is whole grain and the cereal is fortified.

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR
VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12
CONTAINS: WHEAT.

Millville

Shredded Wheat – Blueberry



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	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 43g	18%
Dietary Fiber 6g	23%
Soluble Fiber 1g	
Insoluble Fiber 5g	
Total Sugars 12g	
Includes 11g Added Sugars	23%

The first ingredient is whole grain and the cereal is fortified.

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, DRIED BLUEBERRIES, GELATIN, VEGETABLE JUICE (COLOR), NATURAL FLAVOR, FRESHNESS PRESERVED WITH VITAMIN E (MIXED TOCOPHEROLS). **VITAMINS AND MINERALS:** REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE (SOURCE OF ZINC), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12. **CONTAINS: WHEAT.** Fortified

Millville

Shredded Wheat – Original



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

Serving size 21 biscuits (60g)	
Amount per serving	
Calories	210
% Daily Values*	
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	
Includes 12g Added Sugars	24%

The first ingredient is whole grain and the cereal is fortified.

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).

CONTAINS: WHEAT. Fortified

Millville

Shredded Wheat – Strawberry



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

Serving size 21 biscuits (60g)	
Amount per serving	
Calories	210
% Daily Values*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 40g	18%
Dietary Fiber 5g	23%
Soluble Fiber 1g	
Insoluble Fiber 5g	
Total Sugars 11g	
Includes 11g Added Sugars	22%

The first ingredient is whole grain and the cereal is fortified.

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, GELATIN, NATURAL FLAVOR, VEGETABLE JUICE (COLOR). 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).

CONTAINS: WHEAT. Fortified