

Nature's Path Flax Plus Raisin Bran



Serving size 1-1/4 cup cereal (60g)

Amount per serving
Calories

210

% Daily value*

Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 1.5g	0%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 45g	16%
Dietary Fiber 9g	31%
Sugar 13g	0%
Added Sugar 6g	12%

60 grams cereal can have up to 13 grams added sugar (meets 10/1/25 sugar limits).

The first ingredient is whole grain and the 2nd and 3rd grain ingredients are both bran. This product is whole grain by the rule of 3.

Ingredients

Whole Wheat Meal (Organic), Raisins (Organic) (Coated with Sunflower Oil (Organic)), Wheat Bran (Organic), Cane Sugar, Flax Seeds (Organic), Oat Bran (Organic), Barley Malt Extract (Organic), Sea Salt, Tocopherols (Vitamin E).