

Post

Grape-Nuts Flakes



18 oz.

UPC: 0884912109100

7 g total sugars in 43 g cereal meets sugar limits.

Serving size	1 cup (43g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 34g	13%
Dietary Fiber 5g	17%
Soluble Fiber <1g	
Insoluble Fiber 4g	
Total Sugars 7g	
Includes 3g Added Sugars	7%

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

INGREDIENTS
WHOLE GRAIN WHEAT, WHEAT FLOUR, SUGAR, MALTED BARLEY FLOUR, CANOLA OIL, SALT.
Fortified
VITAMINS & MINERALS
REDUCED IRON, ZINC OXIDE, NIACINAMIDE (VITAMIN B3), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), VITAMIN A PALMITATE, THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN B12, VITAMIN D3.

Post

Grape-Nuts – Original



20.5 oz.

8

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0

64 oz.



64 OZ GN

8

5 g total sugars in 58 g cereal meets sugar limits.

Serving size 1/2 cup (58g)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	27%
Soluble Fiber 1g	
Insoluble Fiber 6g	
Total Sugars 5g	
Includes 0g Added Sugars	0%

The first ingredient is whole grain and the cereal is enriched/fortified. Also WGR on WIC (CA, 2022).

INGREDIENTS

WHOLE GRAIN WHEAT FLOUR, MALTED
BARLEY FLOUR, SALT, DRIED YEAST.

VITAMINS & MINERALS

REDUCED IRON, NIACINAMIDE (VITAMIN
B3), ZINC OXIDE (SOURCE OF ZINC),
PYRIDOXINE HYDROCHLORIDE (VITAMIN
B6), THIAMIN MONONITRATE (VITAMIN
B1), FOLIC ACID. Enriched/Fortified