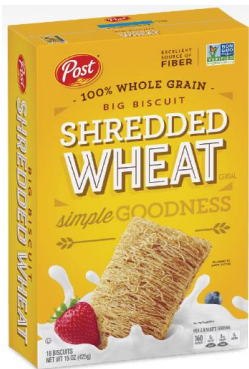


Post

Shredded Wheat – Big Biscuit



0 g total sugars in 51 g dry cereal meets sugar limits

Serving size		2 biscuits (51g)	
		2 Biscuits	1 Biscuit
Calories		170	90
		%DV*	%DV*
Total Fat	1g	1%	0.5g 1%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Polyunsaturated Fat	0.5g		0g
Monounsaturated Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	0mg	0%	0mg 0%
Total Carbohydrate	41g	15%	20g 7%
Dietary Fiber	7g	24%	3g 12%
Soluble Fiber	1g		0g
Insoluble Fiber	6g		3g
Total Sugars	0g	0%	0g 0%
Includes Added Sugars	0g		0g

The first and only grain ingredient is whole grain.

Ingredients: Whole Grain Wheat. BHT added to preserve freshness.

Post

Shredded Wheat – Original Spoon Size



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

Serving size 1 1/3 cups (60g)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 49g	18%
Dietary Fiber 8g	29%
Soluble Fiber 1g	
Insoluble Fiber 7g	
Total Sugars 0g	
Includes 0g Added Sugars	0%

The first and only grain ingredient is whole grain.

Ingredients: Whole Grain Wheat, BHT added to preserve freshness.

Post

Shredded Wheat - Wheat N' Bran Spoon Size



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

Serving size 1 1/3 cup (60g)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 49g	18%
Dietary Fiber 8g	30%
Soluble Fiber 1g	
Insoluble Fiber 7g	
Total Sugars 0g	
Includes 0g Added Sugars	0%

The first ingredient is whole grain and the second (and only) other grain ingredient is bran.

INGREDIENTS

WHOLE GRAIN WHEAT AND WHEAT
BRAN. BHT IS ADDED TO THE PACKAGING
MATERIAL TO PRESERVE FRESHNESS.