

Signature Select

Bran Flakes



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

Serving size 1 cup (40g)	
Dry	
Calories	130
% DV*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carb. 32g	12%
Dietary Fiber 6g	23%
Total Sugars 7g	
Incl. 5g Added Sugars	10%

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

Whole Grain Wheat, Wheat Bran, Sugar, Brown Sugar Syrup, Contains 2% or Less of Each of the Following: Salt, Vitamin C (Ascorbic Acid), Barley Malt Extract, 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).

Fortified