

Signature Select

Shredded Wheat



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

Nutrition Facts	
About 8 servings per container	
Serving size 25 biscuits (60g)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 48g	17%
Dietary Fiber 8g	29%
Total Sugars 0g	
Includes 0g Added Sugars	0%

The first and only grain ingredient is whole grain.

INGREDIENTS: WHOLE GRAIN WHEAT, MIXED TOCOPHEROLS (VITAMIN E) TO PRESERVE FRESHNESS.
CONTAINS: WHEAT.

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Shredded Wheat – Frosted



12 g total sugars in 60 g meets sugar limits.

Serving size 21 biscuits (60g)	
Amount per serving	
Calories	210
% Daily Value*	
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 and only grain ingredient is whole grain.

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).