

That's Smart

Bran Flakes



17.3 oz.

UPC: 0193476000200

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

Serving size	1 cup (40g)	
	Cereal	Cereal with 1/2 cup skim milk
Calories	130	170
	% DV*	% DV*
Total Fat	1g 2%	1.5g 2%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Polyunsaturated Fat	0.5g	0.5g
Monounsaturated Fat	0g	0g
Cholesterol	0mg 0%	<5mg 1%
Sodium	300mg 13%	350mg 15%
Total Carbohydrate	32g 12%	38g 14%
Dietary Fiber	6g 23%	6g 23%
Total Sugars	7g	13g
Incl Added Sugars	5g 10%	5g 10%

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

Whole Grain Wheat, Wheat Bran, Sugar, Brown Sugar Syrup, Salt, Barley Malt Extract. Vitamins And Minerals: Vitamin C (Ascorbic Acid), Iron (Ferric Orthophosphate), Vitamin E (Acetate), **Fortified** 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).