

# Nutrition Facts

Serving Size 1 Box  
Servings Per Container

## Amount Per Serving

### Calories

Calories from Fat

### Total Fat

Saturated Fat

Trans Fat

### Cholesterol

### Sodium

### Potassium

### Total Carbohydrate

Dietary Fiber

Sugars

### Protein

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Wheat Squares  
Sweetened

(35g)

1

130

0

% Daily Value\*

0g 0%

0g 0%

0g

0mg 0%

0mg 0%

125mg 4%

29g 10%

3g 12%

8g

4g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 10%

Thiamin 30%

Riboflavin 30%

Niacin 30%

Vitamin B<sub>6</sub> 30%

Corn Flakes  
Not Sweetened

(19g)

1

70

0

% Daily Value\*

0g 0%

0g 0%

0g

0mg 0%

200mg 8%

25mg 1%

17g 6%

1g 4%

6g

1g

10%

15%

0%

6%

15%

15%

15%

15%

Mixed Grain Flakes  
Sweetened

(27g)

1

100

0

% Daily Value\*

0g 0%

0g 0%

0g

0mg 0%

120mg 5%

30mg 1%

24g 8%

1g 4%

13g

1g

10%

90%

0%

20%

20%

20%

20%

20%