Product Name	Frosted Mini Wheats Original
Flavor Descriptor	
NLI Description	SSB
Brand	**Kellogg's**

Date Created	01/02/18
NLI #	12691
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	22 g

Serving Size	1 Container							
Serving Size g	28							
Serving Size oz								
Amount Per Serving	Cereal							
Calories	100							
Calories from Fat	0							
			% Daily Value*				% Daily Value*	
Total Fat	0	g	0	%				%
Saturated Fat	0	g	0	%				%
Trans Fat	0	g						
Polyunsaturated Fat								
Monounsaturated Fat								
Cholesterol	0	mg	0	%				%
Sodium	0	mg	0	%				%
Potassium				%				%
Total Carbohydrate	24	g	8	%				%
Dietary Fiber	3	g	12	%				%
Soluble Fiber	<1	g						
Insolube Fiber	2	g						
Sugars	6	g						
Sugar Alcohol								
Other Carbohydrate								
Protein	3	g		%				%
Vitamin A			0	%				%
Vitamin C			0	%				%
Calcium			0	%				%
Iron			45	%				%
Vitamin D				%				%
Vitamin E				%				%
Vitamin K				%				%
Thiamin			10	%				%
Riboflavin			10	%				%
Niacin			10	%				%
Vitamin B6			10	%				%
Folic Acid			25	%				%
Vitamin B12			10	%				%
Biotin				%				%
Pantothenic Acid				%				%
Phosphorus				%				%
Iodine				%				%
Magnesium				%				%
Zinc			4	%				%
Selenium				%				%
Copper				%				%
Manganese				%				%
Chromium				%				%
Molybdenum				%				%

Ingredients:

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, CONTAINS 2% OR LESS OF BROWN RICE SYRUP, GELATIN.

VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), ZINC OXIDE, FOLIC ACID, VITAMIN B12.

ALLERGEN INFORMATION:

CONTAINS WHEAT INGREDIENTS.

*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
Protein		50g	65g

Calories per gram: Fat 9 ● Carbohydrate 4 ● Protein 4

Product information can change at any time.
Always refer to product package for current nutrition and ingredient information.

Julia M. Jursinic, MS
Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

Nutrient Contents Per 100g			
Calories	350	Vitamin D	NA IU
Calories from fat	14	Vitamin E	1 IU
Total Fat	1.6 g	Vitamin K	
Saturated Fat	0.4 g	Thiamin	0.69 mg
Polyunsaturated Fat	0.9 g	Riboflavin	0.79 mg
Monounsaturated Fat	0.2 g	Niacin	9.3 mg
Trans Fat	0.0 g	Vitamin B6	0.93 mg
Cholesterol	0 mg	Folic Acid	370 mcg
Sodium	2 mg	Vitamin B12	2.8 mcg
Potassium	363 mg	Biotin	
Total Carbohydrate	84.4 g	Pantothenic Acid	NA mg
Dietary Fiber	10.8 g	Phosphorus	368 mg
Soluble Fiber	1.1 g	Iodine	
Insoluble Fiber	9.7 g	Magnesium	86 mg
Sugars	20.3 g	Zinc	2.8 mg
Sugar Alcohols	NA g	Selenium	NA mcg
Protein	9.2 g	Copper	NA mg
Vitamin A	6 IU	Manganese	NA mg
Vitamin C	0 mg	Chromium	
Calcium	27.9 mg	Molybdenum	
Iron	30.0 mg	Moisture	4.8 %
NA = values do not exist or are incomplete.		Ash	0.0 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000049965	Case		
00038000049613	Carton	1oz (28g)	1
00038000073373	Case		
00038000073380	Case		

Information presented in this document applies to products intended for US consumers only.

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