

USDA Ounce Equivalents of Grain per Serving	2
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	33 g

Ingredients:
Whole wheat flour, water, sugar, vegetable oil (soybean, palm and/or canola), egg whites, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), molasses, soy lecithin, natural flavors, whey, salt.
Vitamins and Minerals: Calcium carbonate, vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B12.

CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.

[illegible]

Julia J. J. J.

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Nutrient Contents Per 100g			
Calories	266	Vitamin E	0 mg
Total Fat	6.7 g	Vitamin K	NA mcg
Saturated Fat	1.9 g	Thiamin	NA mg
Trans Fat	0.1 g	Riboflavin	0.10 mg
Polysaturated Fat	2.0 g	Niacin (NE)	3.6 mg
Monounsaturated Fat	2.3 g	Vitamin B6	0.24 mg
Cholesterol	0 mg	Folate (DFE)	19 mcg
Sodium	295 mg	Folic Acid	0 mcg
Total Carbohydrate	46.9 g	Vitamin B12	0.4 mcg
Dietary Fiber	4.7 g	Biotin	NA mcg
Soluble Fiber	0.7 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.7 g	Phosphorus	391 mg
Total Sugars	13.6 g	Iodine	NA mcg
Added Sugars	13.3 g	Magnesium	58 mg
Sugar Alcohols	NA g	Zinc	1.4 mg
Protein	5.5 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	347.4 mg	Manganese	NA mg
Iron	4.8 mg	Chromium	NA mcg
Potassium	205 mg	Molybdenum	NA mcg
Vitamin A (RAE)	250 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	37.5 %
		Ash	3.4 %
		Whole Grain	44.17 %

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