

Item # 158500

Desc: Old Fashioned 7 Grain Cereal

Nutrition Facts			
Serving Size		1/3 cup	
Servings Per Container		Varied	
Amount Per Serving			
Calories	147	Calories from Fat	10.8
		% Daily Value*	
Total Fat	1.2 g		2 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	1 mg		0 %
Total Carbohydrate	32.5 g		11 %
Dietary Fiber	3.6 g		14 %
Sugars	0 g		
Protein	4.8 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0.45%	• Iron	14.1%

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

158500 Old Fashioned 7 Grain Cereal

Ing: Red hard wheat, spelt, white soft wheat, oats, rye, barley, triticale.

This product is chemical free.

**Contains: Wheat Ingredients.

Product information/materials may change.

Refer to the package or call for updates.