

# Nutrition Facts

**1 serving per container**

Serving size 1 box

**Calories** (amount per box)

Wheat Squares  
Sweetened

Amount per box  
(35g)

**130**

% DV\*

0% 0g

0% 0g

0g

0% 0mg

0% 0mg

10% 29g

11% 3g

8g

8g

4g

10% 2mcg

0% 0mg

10% 2mg

4% 125mg

0% 0mcg

0% 0mg

35% 0.4mg

30% 0.4mg

30% 5mg

30% 0.5mg

Corn Flakes  
Not Sweetened

Amount per box  
(19g)

**70**

% DV\*

0% 0g

0% 0g

0g

0% 0mg

9% 200mg

6% 17g

4% 1g

6g

5g

1g

10% 2mcg

0% 0mg

6% 1mg

0% 25mg

10% 90mcg

15% 14mg

15% 0.2mg

15% 0.2mg

15% 2mg

20% 0.3mg

Mixed Grain Flakes  
Sweetened

Amount per box  
(27g)

**100**

% DV\*

0% 0g

0% 0g

0g

0% 0mg

5% 120mg

8% 24g

4% 1g

13g

13g

1g

0% 0mcg

0% 0mg

20% 4mg

0% 30mg

10% 90mcg

90% 80mg

25% 0.3mg

25% 0.3mg

20% 3mg

20% 0.3mg

**Total Fat**

Saturated Fat

Trans Fat

**Cholesterol**

**Sodium**

**Total Carbs**

Dietary Fiber

Sugars

Added Sugars

**Protein**

\* Footnote on Daily Values (DV) and calories reference to be inserted here.

**Vitamin D**

**Calcium**

**Iron**

**Potassium**

**Vitamin A**

**Vitamin C**

**Thiamin**

**Riboflavin**

**Niacin**

**Vitamin B<sub>6</sub>**