Kellogg's®
Frosted Mini-Wheats®
Original

Nutrition Facts

Serving Size	1 Box (37g)
Amount Per Serving	
Calories 130	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 4g	**16%**
Soluble Fiber less than 1g	
Insoluble Fiber 3g	
Sugars 8g	
Protein 3g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	60%
Thiamin	15%	• Riboflavin	15%
Niacin	15%	• Vitamin B_6	15%
Folic Acid	30%	• Vitamin B_{12}	15%
Phosphorus	10%	• Zinc	6%

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN), VITAMIN B_1 (THIAMIN HYDROCHLORIDE), ZINC OXIDE, FOLIC ACID, VITAMIN B_{12}.

CONTAINS WHEAT INGREDIENTS.