



WHEATIES™

THE BREAKFAST OF CHAMPIONS™



Refuel with
Wheaties and
Chocolate Milk

TOASTED WHOLE WHEAT FLAKES

Nutrition Facts

Serving Size 1/2 cup (27g)
Servings Per Container about 16

Amount Per Serving	Wheaties	with 1/2 cup skim milk
Calories	100	140
Calories from Fat	5	5
% Daily Value**		
Total Fat 0.5g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 180mg	8%	10%
Potassium 90mg	3%	8%
Total Carbohydrate 23g	8%	10%
Dietary Fiber 3g	12%	12%
Sugars 4g		
Other Carbohydrate 16g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	2%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	50%	50%
Riboflavin	50%	60%
Niacin	50%	50%
Vitamin B ₆	50%	50%
Folic Acid	50%	50%
Vitamin B ₁₂	50%	60%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	50%	50%

* Amount in cereal. A serving of cereal plus skim milk provides 0.5g total fat, less than 5mg cholesterol, 240mg sodium, 290mg potassium, 29g total carbohydrate (10g sugars), and 6g protein.

** 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