



## Kellogg's Raisin Bran®

### Nutrition Facts

Serving Size 1 Box (43g)

Amount Per Serving

**Calories** 140 Calories from Fat 5

% Daily Value\*

**Total Fat** 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **6%**

**Potassium** 280mg **8%**

**Total Carbohydrate** 34g **11%**

Dietary Fiber 5g **21%**

Sugars 13g

**Protein** 3g

Vitamin A 8% • Vitamin C 0%

Calcium 0% • Iron 20%

Vitamin D 8% • Thiamin 20%

Riboflavin 20% • Niacin 20%

Vitamin B<sub>6</sub> 20% • Folic Acid 20%

Vitamin B<sub>12</sub> 20% • Phosphorus 15%

Magnesium 15% • Zinc 8%

\* 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