

Nutrition Label

F27550 Harvest Grain Petite

Nutrition Facts	
Serving Size 56 g (2 oz)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 5g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 10%
* 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
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Unbleached Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), Water, Whole Wheat Flour, Honey, Salt, Sunflower Seeds, Sesame Seeds, Rye Flakes, Oats, Flax Seeds, Cracked Wheat, Yeast, Rye Flour

MAY CONTAIN TREE NUTS, EGGS, MILK AND/OR SOY

CONTAINS: WHEAT