

7-Grain Rolled/Flaked

Nutrition Facts			
Serving Size 1/3 cup			
Amount per serving			
Calories 150		Calories from Fat 10	
% DAILY VALUE*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			0%
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 33g			11%
Dietary Fiber 4g			14%
Sugars 0g			
Protein 5g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 14%	
*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you 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