

Whole 7-Grain Mix

Nutrition Facts			
Serving Size 1 cup			
Amount per serving			
Calories 260		Calories from Fat 35	
% DAILY VALUE*			
Total Fat 4g			6%
Saturated Fat 0.5g			0%
Trans Fat 0g			0%
Cholesterol 10mg			4%
Sodium 65mg			2%
Total Carbohydrate 46g			15%
Dietary Fiber 7g			30%
Sugars 9g			
Protein 12g			
Vitamin A 0%		Vitamin C 0%	
Calcium 20%		Iron 15%	
*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