

FORMULA C321003AA  
 PRODUCT 40% BRAN FLAKES (USA)  
 WEIGHT ALL

GILSTER-MARY LEE CORP.  
 DATE 4/4/05 (R1)+  
 SULFITES Yes

### Nutrition Facts

Serving Size 1 1/4 cups (56g)

Servings Per Container

Amount Per Serving	Dry	Cereal with 1/2 cup skim milk
<b>Calories</b>	220	260
Calories from Fat	15	20
<b>%Daily Value**</b>		
<b>Total Fat</b> 2g*	<b>3%</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	<b>2%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 420mg	<b>18%</b>	<b>20%</b>
<b>Potassium</b> 370mg	<b>10%</b>	<b>16%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>	<b>17%</b>
Dietary Fiber 9g	<b>38%</b>	<b>38%</b>
Sugars 9g		
<b>Protein</b> 5g		
Vitamin A	25%	30%
Vitamin C	25%	25%
Calcium	2%	15%
Iron	100%	100%
Vitamin D	10%	25%
Thiamine	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	25%	25%

\*Amount in cereal

\*\*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

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4