

FORMULA C420001BB

GILSTER-MARY LEE CORP.

PRODUCT FROSTED SHREDDED WHEATDATE 8/12/05 (R4)+WEIGHT ALLINFORMATION PANEL**Nutrition Facts**

Serving Size 1 cup (52g)

Servings Per Container

Amount Per Serving	Cereal with	
	Cereal	1/2 cup skim milk
Calories	200	240
Calories from Fat	10	15
%Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 0mg	0%	3%
Potassium 180mg	5%	11%
Total Carbohydrate 42g	14%	16%
Dietary Fiber 5g	20%	20%
Sugars 11g		
Protein 4g		
Vitamin A	0%	4%
Vitamin C	0%	2%
Calcium	0%	15%
Iron	90%	90%
Thiamine	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	25%	25%
Vitamin B12	25%	35%
Phosphorus	15%	25%
Magnesium	10%	15%
Zinc	10%	15%
Copper	8%	8%

*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