

GILSTER-MARY LEE CORP.

NUTRITIONAL INFORMATION

Revision:

RAISIN BRAN (C320103AU)

Nutrition Facts

Serving Size 1 cup (56g)

Servings Per Container

Amount Per Serving	Cereal with 1/2 cup Vitamins A&D	
	Cereal	Skim Milk
Calories	210	250
Calories from Fat	10	10
% Daily Value* *		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 350mg	15%	17%
Potassium 290mg	8%	14%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 7g	26%	26%
Sugars 18g		
Protein 5g		
Vitamin A	15%	20%
Vitamin C	10%	15%
Calcium	4%	20%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	25%	25%
Phosphorus	20%	30%
Magnesium	20%	20%
Zinc	10%	15%
Copper	10%	10%

carbohydrate (6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
20 oz	about 10
35 oz	about 18

INGREDIENT STATEMENT

INGREDIENTS:

WHEAT BRAN, RAISINS, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT EXTRACT

VITAMINS AND MINERALS:

IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: WHEAT