

FORMULA C420000AA

GILSTER-MARY LEE CORP.

PRODUCT BITE SIZE SHREDDED WHEATDATE 9/8/04 (R1)+WEIGHT ALL

## Nutrition Facts

Serving Size 1 cup (49g)

Servings Per Container

Amount Per Serving	Cereal	Cereal with 1/2 cup skim milk
Calories	180	220
Calories from Fat	10	15
%Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	3%
Potassium 180mg	5%	11%
Total Carbohydrate 38g	13%	15%
Dietary Fiber 5g	20%	20%
Sugars 0g		
Protein 5g		
Vitamin A	0%	4%
Vitamin C	0%	2%
Calcium	0%	15%
Iron	8%	8%
Vitamin D	0%	15%
Thiamine	8%	10%
Riboflavin	2%	10%
Niacin	10%	10%

\*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
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