



MARKETING



Nutrition Facts	
Amount/Serving	%DV
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 45g	17%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 11g added sugars	28%
Protein 5g	

**Calories 190** per serving

Vitamin D 0% • Calcium 0% • Iron 50% • Potassium 4% • Thiamin 90% • Niacin 25%  
Vitamin B6 25% • Folate 60mcg DFE (5mcg folic acid) 15% • Pantothenic Acid 20%  
Phosphorus 15% • Magnesium 6% • Zinc 10%

PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
27149	203501	10884912271492	48 x 2 OZ

Brand	Brand Owner	GPC Description
SHREDDED WHEAT	Post Foods LLC	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
8.87 LBR	6 LBR	No		Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
21.5 INH	16 INH	9.5 INH	1.89	5x5	365 Days	35 FAH / 85 FAH

Nutrition Facts

Servings per container

Serving Size

Amount Per Serving

Calories

% Daily Value\*

Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrates	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugars	%

Protein

Vitamin D	%
Calcium	%
Iron	%
Potassium	%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - NI
- Eggs - NI
- Soy - NI
- Wheat - NI
- Sesame - NI
- Peanuts - NI
- Tree Nuts - NI
- Fish - NI
- Shellfish - NI

SERVING SUGGESTIONS



INGREDIENTS



HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS



MORE INFORMATION





NUTRITIONAL ANALYSIS



NUTRITIONAL CLAIMS



MORE IMAGES



Amount/ Serving	%DV	Amount/ Serving	%DV
<b>Total Fat</b> 1g	2%	<b>Total Carbohydrate</b> 46g	77%
Saturated Fat 0g	0%	Dietary Fiber 4g	8%
Trans Fat 0g	0%	Total Sugars 1g	2%
<b>Cholesterol</b> 0mg	0%	Includes 1g added sugars	20%
<b>Sodium</b> 5mg	0%	<b>Protein</b> 5g	10%

**Calories 190**  
per serving

Vitamin D 0% • Calcium 0% • Iron 50% • Potassium 4% • Thiamin 90% • Niacin 23%  
Vitamin B6 20% • Folate 60mg (12%) (Using total acid) 15% • Pantothenic Acid 20%  
Phosphorus 15% • Magnesium 8% • Zinc 10%