

Nutrition Information Panel

Cereal

Ingredients: whole wheat, wheat bran, sugar, salt, malt, thiamine hydrochloride, pyridoxine hydrochloride, folic acid, reduced iron, BHT.

Nutrition Information
Per 30 g Serving Cereal
(175 mL, 3/4 cup)

Energy	Cal	100
	kJ	420
Protein	g	3.0
Fat	g	0.6
Carbohydrate		24.0
Sugars	g	4.4
Starch	g	16.6
Fibre	g	3.9
Sodium	mg	265
Potassium	mg	168

Percentage of Recommended Daily Intake

Thiamin	%	46
Niacin	%	6
Vitamin B6	%	10
Folic Acid	%	28

Source: Health Canada. *Using Food Labels to Choose Foods for Healthy Eating*, p.4, 1993

