Aggregate Display

Nutrition Facts

1 serving per container

	Wheat Squares Sweetened	Corn Flakes Not Sweetened	Mixed Grain Flakes Sweetened
Serving size	(35g)	(19g)	(27g)
Amount per serving **Calories**	**130**	**70**	**100**
	% Daily Value*	**% Daily Value***	**% Daily Value***
Total Fat	0g **0%**	0g **0%**	0g **0%**
Saturated Fat	0g **0%**	0g **0%**	0g **0%**
Trans Fat	0g	0g	0g
Cholesterol	0mg **0%**	0mg **0%**	0mg **0%**
Sodium	0mg **0%**	200mg **9%**	120mg **5%**
Total Carbohydrate	29g **11%**	17g **6%**	24g **9%**
Dietary Fiber	3g **11%**	1g **4%**	1g **4%**
Total Sugars	8g	6g	13g
Includes Added Sugars	8g **16%**	5g **10%**	13g **26%**
Protein	4g	1g	1g
Vitamin D	2mcg 10%	2mcg 10%	0mcg 0%
Calcium	0mg 0%	0mg 0%	0mg 0%
Iron	2mg 10%	1mg 6%	4mg 20%
Potassium	125mg 4%	25mg 1%	30mg 1%
Vitamin A	0%	10%	10%
Vitamin C	0%	15%	90%
Thiamin	35%	15%	25%
Riboflavin	30%	10%	25%
Niacin	30%	10%	20%
Vitamin B_6	30%	20%	20%

* The % Daily Value (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.