

# Cereal,Raisin Bran,Kellogg

## Nutrition Facts

Serving Size 1 cup (61g)

Servings Per Container 1

**Amount Per Serving**

**Calories** 195      **Calories from Fat** 14

% Daily Value\*

**Total Fat** 2g **2%**

Saturated Fat 0g **2%**

*Trans* Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 362mg **15%**

**Potassium** 372mg **11%**

**Total Carbohydrate** 47g **16%**

Dietary Fiber 7g **29%**

Sugars 20g

**Protein** 5g **10%**

Vitamin A 10%      ● Vitamin C 1%

Calcium 3%      ● Iron 26%

Thiamin 26%      ● Riboflavin 26%

Niacin 26%      ● Vitamin B6 26%

Folacin 26%      ● Vitamn B12 26%

Phosphorus 26%      ● Zinc 10%

\*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
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2400mg	2400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

Calories per gram:

Fat 9      \*      Carbohydrate 4      \*      Protein 4