

<b>Nutrition Facts</b>			Wheat Squares Sweetened	Corn Flakes Not Sweetened	Mixed Grain Flakes Sweetened
Serving Size 1 Box			(35g)	(19g)	(27g)
Servings Per Container			1	1	1
<b>Amount Per Serving</b>					
<b>Calories</b>			130	70	100
Calories from Fat			0	0	0
			<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>			0g 0%	0g 0%	0g 0%
Saturated Fat			0g 0%	0g 0%	0g 0%
Trans Fat			0g	0g	0g
<b>Cholesterol</b>			0mg 0%	0mg 0%	0mg 0%
<b>Sodium</b>			0mg 0%	200mg 8%	120mg 5%
<b>Potassium</b>			125mg 4%	25mg 1%	30mg 1%
<b>Total Carbohydrate</b>			29g 10%	17g 6%	24g 8%
Dietary Fiber			3g 12%	1g 4%	1g 4%
Sugars			8g	6g	13g
<b>Protein</b>			4g	1g	1g
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			Vitamin A 0%	10%	10%
Calories: 2,000 2,500			Vitamin C 0%	15%	90%
Total Fat Less than 65g 80g			Calcium 0%	0%	0%
Sat Fat Less than 20g 25g			Iron 10%	6%	20%
Cholesterol Less than 300mg 300mg			Thiamin 30%	15%	20%
Sodium Less than 2,400mg 2,400mg			Riboflavin 30%	15%	20%
Potassium 3,500mg 3,500mg			Niacin 30%	15%	20%
Total Carbohydrate 300g 375g			Vitamin B <sub>6</sub> 30%	15%	20%
Dietary Fiber 25g 30g					