

Sweet Shop - Golden Grahams

No High Fructose Corn Syrup, No Colors From Artificial Sources, & No Artificial Flavors
Good Source of Vitamin B12



GOLDEN GRAHAMS

CEREAL



25% LESS SUGAR

25% LESS SUGAR THAN ORIGINAL GOLDEN GRAHAMS.
NO REDUCTION IN CALORIES.

SUGAR CONTENT HAS BEEN REDUCED FROM 9G TO 6G PER SERVING

Nutrition Facts

Serving size
1 bowl (28g)

Calories
per serving **110**

Amount per serving	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%

Amount per serving	% Daily Value*
Total Carbohydrate 23g	8%
Dietary Fiber 2g	6%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 2g	

Vitamin D 2mcg 10% • Calcium 90mg 6% • Iron 1.8mg 10% • Potassium 0mg 0% • Vitamin A 6% • Vitamin C 6%
Thiamin 10% • Riboflavin 6% • Niacin 6% • Vitamin B6 10% • Folate 10% (30mcg folic acid) • Vitamin B12 10% • Zinc 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2% or less is considered low, 5% or more is considered high.

Ingredients: Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Dextrose, Baking Soda, Salt, Natural Flavor, Rosemary Extract.
Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Vitamin C (sodium ascorbate), Iron (ferrous fumarate), Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamine mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin B9 (methylcobalamin).

CONTAINS WHEAT INGREDIENTS.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

Contains Bioengineered Food Ingredients Learn more at Ask.GeneralMills.com

1 BOWL = 1 OZ EQ GRAIN

Comments? Save entire package and contact us online. www.GeneralMillsFoodservice.com

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3548



110
CALORIES
PER 1 BOWL



WHOLE GRAIN PER SERVING
AT LEAST 48g RECOMMENDED DAILY



NET WT 1 OZ