



POST

662453 - Cereal * Shred Wheat Frosted Bowlpak S/O

The classic shredded wheat you love, with a sweet side. Post Frosted Shredded Wheat cereal packs a power punch of whole grain, along with the lightly frosted flavor the whole family will love. Embrace your sweet side when you start the day with Post Frosted Shredded Wheat.



Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving size 1 bowl (56g)		Total Fat 1g	1%	Total Carbohydrate 46g	17%
Calories 190		Saturated Fat 0g	0%	Dietary Fiber 6g	21%
		Trans Fat 0g	0%	Total Sugars 12g	23%
		Cholesterol 0mg	0%	Includes 11g added sugars	23%
		Sodium 5mg	0%	Protein 5g	
		Vitamin D 0% • Calcium 0% • Iron 50% • Potassium 4% • Thiamin 90% • Niacin 25% • Vitamin B6 25% • Folate 60mcg DFE (35mcg folic acid) 15% • Pantothenic Acid 20% • Phosphorus 15% • Magnesium 8% • Zinc 10%			

Nutrition Facts

Servings per Container
Serving size

Amount per serving
Calories

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
Protein	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

* 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.

* Benefits

Lightly sweet, crispy and delicious, for a perfect bite and breakfast or any time of day. Contains 48g whole grain per serving. Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers. Post Frosted Shredded Wheat provides 10 essential vitamins & minerals. This wholesome, whole grain shredded wheat cereal is an excellent source of fiber.

Ingredients

Whole Grain Wheat, Sugar, Gelatin. Freshness preserved with Vitamin E (mixed tocopherols). Vitamins and Minerals: Reduced Iron, Folic Acid, Niacinamide (Vitamin B3), Calcium Pantothenate (a B-Vitamin), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6).

Allergens

Handling Suggestions

Serving Suggestions

Prep & Cooking Suggestions

Product Specifications

Brand	Manufacturer
POST	POST FOODSERVICE

MFG #	SPC #	GTIN	Pack	Pack Desc.
27149	662453	10884912271492	48	48/2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6lb	6lb			No

Shipping Information						
Length	Width	Height	Volume	TLxHl	Shelf Life	Storage Temp From/To
16in	21.5in	1.89in	0.38cf	5x5	0DAYS	40°F / 111°F



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Nutrition Analysis

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

