



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

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

📄 Product Specifications

Brand	Manufacturer
POST	POST CONSUMER BRANDS, LLC

Serving Suggestions

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

Prep & Cooking Suggestions

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
21.5 in	16 in	9.5 in		5x5	365 DAYS	35 °F / 85 °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-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

