

# HOSPITALITY WHOLE GRAIN FROSTED SHREDDED WHEAT

## Nutrition Facts

Serving per container: about 17

**Serving Size: 1 cup (60g)**

### Amount Per Serving

**Calories: 220**

|                            |            | % Daily Value* |
|----------------------------|------------|----------------|
| <b>Total Fat:</b>          | 1g         | 1%             |
| Saturated Fat:             | 0g         | 0%             |
| Trans Fat:                 | 0g         |                |
| Polyunsaturated Fat:       | 0.5g       |                |
| Monounsaturated Fat:       | 0g         |                |
| <b>Cholesterol:</b>        | 0mg        | 0%             |
| <b>Sodium:</b>             | 10mg       | 0%             |
| <b>Total Carbohydrate:</b> | 52g        | 19%            |
| Dietary Fiber:             | 6g         | 22%            |
| Total Sugars:              | 12g        |                |
| Includes 12g Added Sugars  |            | 31%            |
| <b>Protein:</b>            | 5g         |                |
| Vitamin D:                 | 0mcg       | 0%             |
| Calcium:                   | 0mg        | 0%             |
| Iron:                      | 18.7mg     | 100%           |
| Potassium:                 | 190mg      | 4%             |
| Vitamin A:                 | 0mcg RAE   | 0%             |
| Vitamin C:                 | 0mg        | 0%             |
| Thiamin:                   | 0.4mg      | 35%            |
| Riboflavin:                | 0.5mg      | 40%            |
| Niacin:                    | 5.8mg      | 35%            |
| Vitamin B6:                | 0.6mg      | 35%            |
| Folate:                    | 115mcg DFE | 30%            |
| (70mcg Folic Acid)         |            |                |
| Vitamin B12:               | 1.7mcg     | 70%            |
| Phosphorus:                | 170mg      | 15%            |
| Magnesium:                 | 45mg       | 10%            |
| Zinc:                      | 1.7mg      | 15%            |
| Copper:                    | 0.2mg      | 20%            |

\*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.

### PRODUCT SPECIFICATIONS:

| Brand       | Pack           | General Product Description                  |        |
|-------------|----------------|--|--------|
| Hospitality | 4/35 oz.       | Cereal, Shredded Wheat, Frosted, Whole Grain |        |
| MFG. Code   | GTIN           | UPC  |        |
| 71923-76253 | 10071923762532 | 0 71923 76189 7                              |        |
| Net Weight  | Gross Weight   | Country of Origin                            | Kosher |
| 8.75 lbs.   | 9.75 lbs.      | USA  | N/A    |

### Shipping Information:

|             |                          |   |       |
|-------------|--------------------------|---|-------|
| Dimensions: | 15.313 x 10.563 x 13.000 | Cube:   | 1.217 |
| TI x HI:    | 12 x 7                   | (TI = Amount on a Layer) (HI = Number of Layers High) |       |

### Ingredients:

WHOLE WHEAT, SUGAR. CONTAINS 2% OR LESS OF: CORN STARCH, GELATIN, REDUCED IRON, NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMINE MONONITRATE), TRICALCIUM PHOSPHATE, FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN).

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

### Allergens:

Wheat

### Benefits:

Good Source of 12 Vitamins and Minerals  
Contains 43g Whole Grain per serving  
Ready to Eat Cereal

### Storage and Handling Suggestions:

50°F to 85°F with a target temperature of 70°F with humidity under 50%

