

California Cereal Products, Inc.
Nutrition Label
CCP Whole Wheat Flake

4:32pm 03/17/2015

Nutrition Facts				
Serving Size 100 g				
Servings Per Container 1				
Amount Per Serving				
Calories 360	Calories from Fat 15			
% Daily Value*				
Total Fat 1.5g	3%			
Saturated Fat 0g	0%			
<i>Trans</i> Fat 0g				
Polyunsaturated Fat 0.5g				
Monounsaturated Fat 0g				
Cholesterol 0mg	0%			
Sodium 280mg	12%			
Potassium 400mg	12%			
Total Carbohydrate 79g	26%			
Dietary Fiber 14g	54%			
Soluble Fiber 0g				
Insoluble Fiber 0g				
Sugars 1g				
Protein 14g	28%			
Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 20% Vitamin D 0% • Vitamin E 6% Thiamin 30% • Riboflavin 8% Niacin 30% • Vitamin B6 15% Folate 10% • Vitamin B12 0% Magnesium 35% • Zinc 20%				
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.				
	<table border="0"> <tr> <td>Calories</td> <td>2,000</td> <td>2,500</td> </tr> </table>	Calories	2,000	2,500
Calories	2,000	2,500		
Total Fat	Less than 65g 80g			
Sat Fat	Less than 20g 25g			
Cholesterol	Less than 300mg 300mg			
Sodium	Less than 2,400mg 2,400mg			
Potassium	Less than 3,500mg 3,500mg			
Total Carbohydrate	300g 375g			
Dietary Fiber	25g 30g			
Calories per gram:				
Fat 9 • Carbohydrate 4 • Protein 4				

INGREDIENTS: Hard Red Winter Wheat, Sea Salt, Malt Syrup