

## Nutrition Facts

Serving Size 1 pack (50g) (4 biscuits)

Amount per serving

Calories 230

Calories from Fat 30.0

% Daily Value\*

Total fat 0g 10.0 %

Saturated Fat 0.5 g 3.0 %

Trans Fat g

Cholesterol 0mg 0%

Sodium 210.0 mg 9.0 %

Potassium 80.0 mg 0%

Total Carbohydrate 36.0 g 13.0 %

Dietary Fiber 3.0 g 12.0 %

Sugar 13.0 g

Protein 4.0 g

Vitamin A 0% Calcium 0%

Vitamin C 0% Iron 10.0 %

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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
Total Carb		300g	375g
Fiber		25g	30g

The information shown here may vary from the information on product currently in distribution. Keep in mind that the ingredients and formulas change, so nutritional information, including trans fat information, may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.

## INGREDIENTS

INGREDIENTS: WHOLE GRAIN BLEND (ROLLED OATS, RYE FLAKES), ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], CANOLA OIL, SUGAR, WHOLE GRAIN WHEAT FLOUR, EVAPORATED CANE SUGAR, DRIED BLUEBERRIES, MALT SYRUP (FROM CORN AND BARLEY), INVERT SUGAR, BAKING SODA, SALT, SOY LECITHIN, DISODIUM PYROPHOSPHATE, NATURAL FLAVOR, DATEM, BLUEBERRY JUICE CONCENTRATE, FERRIC ORTHOPHOSPHATE (IRON), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1). \PAR } CONTAINS: WHEAT, SOY.

## ALLERGENS

WHEAT, SOY.