

WHEATIES FUEL™

FOR YOUR WINS

ENGINEERED TO DELIVER
LONG-LASTING ENERGY
TO HELP FUEL YOUR WINS.

**WHOLE
GRAIN***

GIVES LONG-LASTING
ENERGY TO HELP
KEEP YOU GOING

*AT LEAST 16G PER SERVING; AT LEAST 48G RECOMMENDED DAILY

**100% DAILY
VALUE OF FIVE
B-VITAMINS**

HELPS YOUR BODY
RELEASE ENERGY
FROM FOOD

**EXCELLENT
SOURCE
OF FIBER**

HELPS CURB HUNGER
AND KEEPS YOU
FEELING FULL

CONTAINS WHEAT, SOY;
MAY CONTAIN PEANUT AND ALMOND INGREDIENTS.

Nutrition Facts

Serving Size ¾ cup (55g)
Servings Per Container about 9

Amount Per Serving	Wheaties Fuel cereal	with ½ cup skim milk
Calories	210	250
Calories from Fat	30	30

	% Daily Value**	
Total Fat 3g*	5%	5%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	1%
Sodium 150mg	6%	9%
Potassium 120mg	3%	9%
Total Carbohydrate 46g	15%	17%
Dietary Fiber 5g	20%	20%
Sugars 14g		
Other Carbohydrate 27g		
Protein 3g		

Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	10%	25%
Iron	20%	20%
Vitamin D	25%	40%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B ₆	100%	100%
Vitamin B ₁₂	100%	110%
Phosphorus	8%	20%
Magnesium	8%	10%
Zinc	4%	8%

* Amount in cereal. A serving of cereal plus skim milk provides 3.5g total fat (0.5g saturated fat, 2g monounsaturated fat, less than 5mg cholesterol), 220mg sodium, 300mg potassium, 51g total carbohydrate (18g sugars), and 7g protein.

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

		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

Ingredients: Whole Grain Wheat, Crisp Rice (rice flour, salt, malt extract), Sugar, Whole Grain Oats, Corn Bran, Honey, Canola Oil, Maltodextrin, Wheat Bran, Corn Starch, Brown Sugar Syrup, Salt, Cinnamon, Barley Malt Extract, Corn Syrup Solids, Color Added, Guar Gum, Cellulose Gum, Soy Lecithin, Artificial Flavor, Baking Soda, Trisodium Phosphate, Corn Oil, Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin E Acetate, A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), Vitamin B₁₂, Vitamin D₃.

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DISTRIBUTED BY GENERAL MILLS CEREALS, LLC,
MINNEAPOLIS, MN 55440 USA
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