

SAVE \$3 ON **BrainQuest**
By Mail with 2 Tokens
BREAKFAST GAME ON BACK!

Kellogg's

Calories Per Serving	Total Fat 1.5g	Sodium 350mg	Sugars 19g Per Serving	Fiber 7g	Magnesium 20%
190	2%	15%		28%	

Each serving provides these percentages of the GDA based on a 2,000 calorie diet. See side panel for nutrition information.

Raisin Bran



Two Scoops!

EXCELLENT SOURCE OF

FIBER

Over 25%
recommended
daily value
per serving!

CEREAL

NET WT. 20 OZ. (1 LB. 4 OZ.) (567g)

ENLARGED TO SHOW TEXTURE

Kellogg's

Raisin Bran



• HIGH IN FIBER

Nutrition Facts

Serving Size 1 Cup (59g/2.1 oz.)
Servings Per Container About 10

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	190	230
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 350mg	15%	17%
Potassium 360mg	10%	16%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 7g	28%	28%
Sugars 19g		
Other Carbohydrate 19g		
Protein 5g		

INGREDIENTS: WHOLE WHEAT, RAISINS, WHEAT BRAN, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT FLAVORING, **VITAMINS AND MINERALS:** NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B₁₂ AND VITAMIN D.

CONTAINS WHEAT INGREDIENTS.

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Exchange: 2 1/2 Carbohydrates

The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

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Healthy Living
...for life!

Nutrition Services • Alameda County Public Health Department

Nutrition Services 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454 • www.healthylivingforlife.org

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663.

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