20.071

1.969 | 7.770 | 2.000 | 7.770 | 0.563

1.081 | 13.475 | 10.787 | 1.109

1.313 | 0.062 | 10.850 | 1.313

THIS PACKAGE IS SOLD BY WEIGHT, NOT VOLUME. SOME SETTLING OF CONTENTS MAY HAVE OCCURRED DURING SHIPMENT AND HANDLING.

LIFT TAB TO OPEN

Kellogg's® Frosted Mini-Wheats®

Blueberry

NATURALLY AND ARTIFICIALLY FLAVORED

Proud Sponsor

100% WHOLE GRAIN 44g or more per serving

EAT 48g OR MORE OF WHOLE GRAINS DAILY

WholeGrainsCouncil.org

TO KEEP FRESH FOLD BAG OVER, THEN PUSH DOWN TO TOP OF CEREAL.

Excellent Source of FIBER & Made from 100% WHOLE GRAIN

190 CALORIES | 0g SAT FAT 0% DV | 0mg SODIUM 0% DV | 12g SUGARS

PER 25 BISCUIT SERVING

Kellogg's FAMILY REWARDS

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Kellogg's® FROSTED Mini-Wheats®

Blueberry

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ENLARGED TO SHOW TEXTURE

CEREAL

NET WT 15.5 OZ (439g)

100% Recycled Paperboard®

Visit FrostedMiniWheats.com

Kellogg's® FROSTED Mini-Wheats®

Blueberry

NATURALLY AND ARTIFICIALLY FLAVORED

Nutrition Facts

Serving Size 25 Biscuits (55g)
Servings Per Container About 8

Amount Per Serving	Cereal	with ½ cup skim milk
Calories	190	230
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	3%
Potassium 190mg	5%	11%
Total Carbohydrate 47g	16%	18%
Dietary Fiber 6g	22%	22%
Soluble Fiber less than 1g		
Insoluble Fiber 5g		
Sugars 12g		
Protein 5g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	90%	90%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	50%	50%
Vitamin B_{12}	25%	35%
Phosphorus	15%	25%
Magnesium	10%	15%
Zinc	10%	15%

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g 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:

		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			3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Ingredients: Whole grain wheat, sugar, contains 2% or less of milled corn, brown rice syrup, corn syrup, natural and artificial flavor, modified corn starch, gelatin, soybean oil, glycerin, sorbitol, blue 2 lake, red 40 lake, red 40, BHT for freshness.

Vitamins and Minerals: Reduced iron, niacinamide, vitamin B_6 (pyridoxine hydrochloride), vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), folic acid, zinc oxide, vitamin B_{12}.

CONTAINS WHEAT INGREDIENTS.

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Questions or Comments?

VISIT kelloggs.com

CALL 1-800-962-1413 (SE HABLA ESPAÑOL)

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BETTER BEFORE IF USED BEFORE

Kellogg's® Frosted Mini-Wheats® Blueberry 15.5 oz.

100% WHOLE WHEAT

8 AMAZING LAYERS

I'm big on fiber, but you can call me Mini.

8 LAYERS of WHOLE GRAINS

Each layer is made from 100% whole grain wheat which is rich in fiber. Just one magnificent bowl of **Frosted Mini-Wheats® Blueberry** fills you up with at least 44 grams of whole grains.

A Morning **MUST HAVE**

Frosted Mini-Wheats® cereal fills you up without dragging you down. Each serving is a good source of 10 essential vitamins and minerals and contains whole grain fiber to help keep you full and focused all morning.

Can you find **8 THINGS DIFFERENT IN THESE PICTURES?**

Rise and shine. NOW in a bottle.

protein 10g | fiber 5g[1] (1g per serving)

Kellogg's To Go™

Now, the nutrition to wake up and keep going is as simple as a *Kellogg's To Go™* Breakfast Shake. *Find it in the cereal aisle.*

Find **YOUR FAVORITE!** UNBELIEVABLY NUTRITIOUS. AMAZINGLY DELICIOUS.

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EARN REWARDS

Kellogg's FAMILY REWARDS™ | MOVIE TICKET | MUSIC

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2. ENTER code at KelloggsFamilyRewards.com
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Kellogg's® Frosted Mini-Wheats®

Blueberry

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Kellogg's® Frosted Mini-Wheats® Blueberry 15.5 oz. UPC Proof of Purchase