

Kashi®

Good Friends®

Nutrition Facts

Serving Size 1 Cup (53g/1.9 oz.)

Amount Per Serving

Calories 160 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Potassium 190mg **5%**

Total Carbohydrate 42g **14%**

Dietary Fiber 12g **46%**

 Soluble Fiber 1g

 Insoluble Fiber 11g

 Sugars 10g

Protein 5g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 10%

* 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHEAT BRAN, GRANOLA (WHOLE GRAIN OATS, WHOLE GRAIN WHEAT, BROWN RICE SYRUP, EVAPORATED CANE JUICE, CRISP RICE [RICE FLOUR, EVAPORATED CANE JUICE, MALT EXTRACT, SALT], EVAPORATED CANE JUICE SYRUP, EXPELLER PRESSED CANOLA OIL, WAXY MAIZE STARCH, SALT, HONEY NATURAL FLAVOR, MIXED Tocopherols E

HONEY, NATURAL FLAVORS, MILD FOOD PIGMENT
(NATURAL VITAMIN E) ADDED FOR FRESHNESS,
EVAPORATED CANE JUICE SYRUP, YELLOW CORN
MEAL, CORN FLOUR, **KASHI SEVEN WHOLE GRAINS
& SESAME®** FLOUR (WHOLE GRAIN OATS, HARD RED
WHEAT, RYE, BROWN RICE, TRITICALE, BARLEY,
BUCKWHEAT, SESAME SEEDS), CORN BRAN, OAT
FIBER, SOY PROTEIN CONCENTRATE, EXPELLER
PRESSED CANOLA OIL, SALT, NATURAL FLAVORS,
ANNATTO COLOR.
CONTAINS WHEAT AND SOY INGREDIENTS.

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