

Kashi®

7 Whole Grain Flakes

Nutrition Facts	
Serving Size 1 Cup (50g/1.8 oz.)	
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 160mg	5%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	23%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 8%
* 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: KASHI SEVEN WHOLE GRAINS & SESAME®
 BLEND (WHOLE: HARD RED WHEAT, OATS, BROWN RICE, TRITICALE, RYE, BARLEY, BUCKWHEAT, SESAME SEEDS), LONG GRAIN WHITE RICE, EVAPORATED CANE JUICE, WHEAT BRAN, BARLEY MALT SYRUP, OAT FIBER, BROWN RICE SYRUP, SALT.
CONTAINS WHEAT INGREDIENTS.

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