

Kashi®

7 Whole Grain Puffs

Nutrition Facts	
Serving Size 1 Cup (19g/.67 oz.)	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 60mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
* 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, WHOLE BROWN RICE, WHOLE OATS, WHOLE BARLEY, WHOLE TRITICALE, WHOLE RYE, WHOLE BUCKWHEAT, SESAME SEEDS).

CONTAINS WHEAT INGREDIENTS.

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