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Blueberry morning cereal nutrition

Safety Information Contains: wheat, almond, milk. Ingredients rice, whole wheat, sugar, Whole grain rolls of oats, Dried cranberries [blueberries, invert sugar, glycerin, saffron oil, citric acid, natural taste, potassium sorbate (preservative)], Degermed yellow corn flour, Brown sugar, Almonds, High oleic vegetable oil (Ranol or sunflower oil), rice flour, salt, malt corn and barley syrup, corn syrup, whey (from milk), caramel, natural and natural BHT adds to the packaging material to preserve the freshness of the product. A legal disclaimer regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Basic information: Blueberry Morning Cereal Post Selects - Walmart 1 serves 220.0 calories 45.0 grams carbohydrates 3.0 grams fat 3.0 grams protein 2.0 grams fiber 0 mg cholesterol 0 grams saturated fat 280.0 mg sodium 0 grams sugar 0 grams trans fat Report problem with this food Note: All items purchased after pressing our Amazon buttons will give us a little bonus for recommendation. If you click them, thank you! Roll on an image to zoom in on Blueberry Morning.New look at favorite Post Great Grains cereal. Same great taste! Before that opinion chooses. Less processed nutrition you can see. Naturally flavored blueberries. Specially selected almonds. Food blueberries. Multigray flakes and bunches. Good source of fiber.20g whole grains per serving. Per 1-1/4 cup serving: 220 Calories 0g sat fat, 0% DV.190 mg sodium, 8% DV.16g sugars.3g fiber, 12% DV.Iron, 10% DV. Whole wheat, rice, sugar, Whole grain rolled oats, Dried cranberries [blueberries, invert sugar, glycerin, saffron oil, citric acid, natural taste, Potassium sorbate (preservative)], Degermed yellow corn flour, Brown sugar, Almonds, Ranols, Rice flour, Salt, Malt corn and Barley syrup, corn syrup, whey (from milk), caramel color, natural taste, OSH adds to the packaging material Why less processed? Quite simply, because it's good for you! We slightly crack the whole wheat strawberry and add a mix of grains to our flakes, while some of the contests add artificial sweeteners and flavors along with insulated fiber to their flakes. Then we add in nutritious fruits and nuts and balance them with our grains for a great taste that is irresistible. Result? Crunchy, delicious, less processed cereals, which are a good source of fiber. Blueberry in the morning is overflowing with a scent of plump blueberries, crunchy multigraine flakes, crunchy granola clusters and delicious almonds. With 20 grams of wholegrain and 3g fiber to serve, this is the pleasant sweet start in the morning. Nutritionists recommend at least 3 servings of whole grains every day (about 16g per serving or 48g per day). Try our other post Great cereals! Cereals, large grains, blueberries Crisis. The top, big nipples, bananas. Big grains, crunchy walnuts. Post, big nipples, raisins, dates "pecans". Wholegrain, 20 g or more per serving. Eat 48 g or more of wholegrain every day .Or call on weekdays: 1-800-431-POST (7678) Please have a package available. Partially manufactured with genetic engineering. Cardboard box made of 100% recycled paper. Minimum 35% opinion - user content.wholegrainscouncil.org.Visit us at: postfoods.com.Post Consumer Brands, LLC. Post Select 81% 45gCarbs12%3gFat7%4gProteinHow does this food fit into your daily goals? Activity Necessary to burn:220 Calories33Minutes of Cycling 22Minutes on running 1.3Hours of Cleaning Eat Better. You'd better. There's nothing more important than a good start. Why don't you do it? Whether you're starting a new workout, a new hobby or just a simple old Tuesday, Greyzem's healthiest ingredients give you the perfect way to start magnificently. With real fruits, nuts, clusters and delicious flavor combinations, Great Grains delivers a taste you can see is heart healthy, wholegrain and fiber-free, and is now GMO-free Project Verified. Great grains believe in indulging in your own happiness and nurturing the freedom you have earned! Visit greatgrains.com greatgrains.com

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