What’s really in this cereal?
Understanding the Nutrition Facts Panel

Reese’s Puffs

**Serving size**
The serving size of this cereal is only ¾ of a cup. That is a little smaller than the size of an adult fist. If your bowl of cereal is bigger than that, you will have more calories and sugar than listed here.

**Sugar**
Be mindful of how much sugar is in your cereal. Try to choose a cereal with 6 grams or less per serving. This cereal would provide 2/3 of the recommended daily amount for most children, who should have no more than 15 grams of added sugar per day!

**Artificial colors**
Many cereals contain artificial colors. The FDA approves these colors, but foods with them are usually highly processed and not healthy. Look for Red 40, Blue 1, Yellow 5 and 6.

**Sodium**
Getting too much sodium can cause high blood pressure and increase the risk for heart disease. Try to eat low sodium foods, which have 140 mg or less per serving. This cereal has a little more than that, but is not considered a high-sodium food.

**Fiber**
The more fiber in a cereal, the better! This cereal only has 1 gram, which is not nearly enough—most 4-8 year olds need 25 grams per day.

**Vitamins & minerals**
Many cereals are fortified with vitamins and minerals, meaning the company had to add them in to make this food more nutritious. This cereal is fortified with many nutrients that would not otherwise exist in the ingredients.

Ingredients: Whole Grain Corn, Sugar, Reese’s® Peanut Butter (peanuts, sugar, monoglycerides, peanut oil, salt, molasses, corn starch), Dextrose, Corn Starch, Corn Syrup, Rice Bran and/or Canola Oil, Corn Meal, Salt, Hershey’s® Cocoa, Red 40, Yellow 5&6, Blue 1, and Other Color Added, Trisodium Phosphate, Natural and Artificial Flavor. BHT added to preserve freshness.
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Shredded Wheat

**Serving size**
The serving size of this cereal is only 1 cup. That is equivalent to the size of an adult fist. If your bowl of cereal is bigger than that, you will have more calories and sugar than listed here.

**Sugar**
Be mindful of how much sugar is in children’s cereals. Try to choose a cereal with as little sugar as possible. Most children should have no more than 15 grams of added sugar per day. This cereal is an excellent choice because it has 0 grams of sugar.

**Few ingredients**
Shredded Wheat contains just one main ingredient: wheat. There are no artificial colors or sweeteners added to this cereal. Some preservative (BHT) is added to the packaging. Cereals with fewer ingredients are often less processed and healthier.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>170</td>
<td>2%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>10</td>
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</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Polyunsaturated Fat</td>
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<tr>
<td>Monounsaturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
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<td>0%</td>
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<tr>
<td>Potassium</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
<td></td>
</tr>
</tbody>
</table>

**Sodium**
Getting too much sodium can cause high blood pressure and increase the risk for heart disease. Try to eat low sodium foods, which have 140 mg or less per serving. Shredded Wheat actually contains none at all!

**Fiber**
The more fiber in a cereal, the better! This cereal is very healthy with 6 grams of fiber. That is about ¼ of the fiber a child needs in a day.

**Vitamins & minerals**
Many cereals are fortified with vitamins and minerals, meaning the company adds them in to make the product seem healthier. All of the nutrients in this cereal are naturally found in wheat.

**Ingredients:** Whole Grain Wheat. To preserve the natural wheat flavor, BHT is added to the packaging material.