

25%
LESS FAT
THAN
PEANUT
BUTTER

PEANUT
BUTTER
SPREAD
60%
PEANUTS
LOOK FOR
FLAVOR SEAL

SEE NUTRITION
INFORMATION
FOR FAT
CONTENT

REDUCED FAT
Jif
CREAMY



190
CALORIES
PER 2 TBSP

NET WT 16 OZ (1 LB) 454g

CONTAINS 12g FAT PER SERVING COMPARED TO 16g IN PEANUT BUTTER

Nutrition Facts

Serv Size
2 Tbsp (36g)
Servings About 13
Calories 190
Fat Cal 100

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 12g	19%	Sodium 200mg	8%
Sat Fat 2.5g	13%	Total Carb 15g	5%
Trans Fat 0g		Fiber 2g	7%
Polysat Fat 3.5g		Sugars 4g	
Monounsat Fat 6g		Protein 7g	
Cholest 0mg	0%		

*Percent Daily Values (DV)
are based on a 2,000
calorie diet.

Calcium 2% • Iron 4% • Niacin 30% • Vitamin B6 6%
Folic Acid 8% • Magnesium 15% • Zinc 6% • Copper 10%
Not a significant source of vitamin A and vitamin C.

INGREDIENTS: PEANUTS, CORN SYRUP SOLIDS, SUGAR, PEA PROTEIN, CONTAINS 2% OR LESS OF:
SALT, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND
DIGLYCERIDES, MOLASSES, MAGNESIUM OXIDE, NIACINAMIDE, FERRIC ORTHOPHOSPHATE,
ZINC OXIDE, COPPER SULFATE, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE.

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QUESTIONS? COMMENTS? CALL TOLL-FREE 1-800-283-8915

BUTTER FREE
CONTAINS NO ARTIFICIAL
PRESERVATIVES
NO REFRIGERATION REQUIRED

THIS PACKAGE IS RECYCLABLE
HOWEVER, RECYCLING PROGRAMS
FOR THIS PACKAGE MAY NOT EXIST
IN YOUR AREA.

BEST IF USED
BY

J
800

69799002

Nutrition Facts

Serving Size: 1 Pouch

(2.6 oz/74g)

Servings Per Container: 4

Amount Per Serving

Calories 70 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 35mg **12%**

Sodium 300mg **13%**

Potassium 200mg **6%**

Total Carbohydrate 0g **0%**

Protein 17g **31%**

Iron 4% • Vitamin D 8%

Niacin 50% • Vitamin B6 8%

Vitamin B12 40% • Selenium 100%

Not a significant source of Fiber, Sugars,
Vitamin A, Vitamin C or Calcium.

* 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
Protein		50g	65g

INGREDIENTS: LIGHT TUNA, WATER,
VEGETABLE BROTH, SALT.

CONTAINS: FISH (TUNA), SOY

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PRODUCT MAY CONTAIN BONES.

GLUTEN FREE

Kellogg's® Frosted Mini-Wheats®
Original

Nutrition Facts / Datos de Nutrición

Serving Size / Tamaño de porción 21 Biscuits / 21 Galletas (54g)
Servings Per Container / Porciones por envase About 9 / 9 aprox.

Amount Per Serving / Cantidad por porción	Cereal	with 1/2 cup skim milk / con 1/2 taza de leche descremada
Calories / Calorías	190	230
Calories from Fat / Calorías de grasa	10	10
% Daily Value** / % Valor diario**		
Total Fat / Grasa total 1g*	2%	2%
Saturated Fat / Grasa saturada 0g	0%	0%
Trans Fat / Grasa trans 0g		
Polyunsaturated Fat / Grasa poliinsaturada 0.5g		
Monounsaturated Fat / Grasa monoinsaturada 0g		
Cholesterol / Colesterol 0mg	0%	0%
Sodium / Sodio 0mg	0%	3%
Potassium / Potasio 200mg	6%	11%
Total Carbohydrate / Carbohidratos totales 46g	15%	17%
Dietary Fiber / Fibra dietética 6g	23%	23%
Soluble Fiber / Fibra soluble <1g		
Insoluble Fiber / Fibra insoluble 5g		
Sugars / Azúcares 11g		
Protein / Proteínas 5g	4%	12%
Vitamin A / Vitamina A	0%	4%
Vitamin C / Vitamina C	0%	0%
Calcium / Calcio	0%	15%
Iron / Hierro	90%	90%
Thiamin / Tiamina	25%	30%
Riboflavin / Riboflavina	25%	35%
Niacin / Niacina	25%	25%
Vitamin B ₆ / Vitamina B ₆	25%	25%
Folic Acid / Ácido fólico	50%	50%
Vitamin B ₁₂ / Vitamina B ₁₂	25%	35%
Phosphorus / Fósforo	15%	25%
Magnesium / Magnesio	10%	15%
Zinc / Zinc	10%	15%
Copper / Cobre	10%	10%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, 0mg cholesterol, 65mg sodium, 400mg potassium, 52g total carbohydrate (17g sugars) and 9g protein.

* Cantidad en cereal. Una porción de cereal con leche descremada aporta 1g de grasa total, 0mg de colesterol, 65mg de sodio, 400mg de potasio, 52g de carbohidratos totales (17g de azúcares) y 9g de proteínas.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

** Los porcentajes de valor diario están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

	Calories / Calorías	2,000	2,500
Total Fat / Grasa Total	Less than / Menos de	65g	80g
Saturated Fat / Grasa Saturada	Less than / Menos de	20g	25g
Cholesterol / Colesterol	Less than / Menos de	300mg	300mg
Sodium / Sodio	Less than / Menos de	2,400mg	2,400mg
Potassium / Potasio		3,500mg	3,500mg
Total Carbohydrate / Carbohidratos Totales		300g	375g
Dietary Fiber / Fibra Dietética		25g	30g
Protein / Proteínas		50g	65g

Frosted Mini-Wheats cereal with sugar contains 20% or