

Kashi®

GoLean® Cereal

Nutrition Facts

Serving Size 1 Cup (52g/1.8 oz.)

Amount Per Serving

Calories 140 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Potassium 480mg **14%**

Total Carbohydrate 30g **10%**

Dietary Fiber 10g **40%**

Soluble Fiber 1g

Insoluble Fiber 9g

Sugars 6g

Protein 13g **20%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 10%

Phosphorus 20% •

* 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
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SOY GRITS, KASHI SEVEN WHOLE GRAINS & SESAME® (HARD RED WHEAT, BROWN RICE, WHOLE GRAIN OATS, TRITICALE, BARLEY, RYE, BUCKWHEAT, SESAME SEEDS), EVAPORATED CANE JUICE SYRUP, CORN MEAL, CORN FLOUR, SOY PROTEIN, WHEAT BRAN, OAT FIBER, CORN BRAN, HONEY, EVAPORATED CANE JUICE, NATURAL FLAVORS, CALCIUM CARBONATE, SALT,

ANNATTO COLOR.
CONTAINS SOYBEAN AND WHEAT INGREDIENTS.

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