

frosted flakes nutrition facts label

frosted flakes nutrition facts label provides valuable information about the nutritional content of this popular breakfast cereal. Understanding the label helps consumers make informed dietary choices, whether they are monitoring sugar intake, calorie consumption, or looking for specific nutrients. This article will thoroughly analyze the frosted flakes nutrition facts label, breaking down its key components such as calories, macronutrients, vitamins, and minerals. Additionally, it will explore common concerns related to sugar content and discuss how frosted flakes fit into a balanced diet. Readers will gain a comprehensive understanding of what they are consuming with each serving of frosted flakes and how it aligns with daily nutritional recommendations. The information is essential for individuals seeking to optimize their breakfast options while maintaining a healthy lifestyle.

- Understanding the Calories in Frosted Flakes
- Macronutrient Breakdown
- Sugar Content and Its Implications
- Vitamins and Minerals in Frosted Flakes
- Ingredients and Additives
- Serving Size and Portion Control
- Frosted Flakes in a Balanced Diet

Understanding the Calories in Frosted Flakes

The frosted flakes nutrition facts label typically lists the calorie content per serving, which is a crucial factor for individuals tracking their energy intake. A standard serving size of frosted flakes is usually about 1 cup (approximately 29 grams), and this serving contains roughly 110 to 130 calories. These calories primarily come from carbohydrates, with minor contributions from protein and fat. Monitoring calorie intake is essential for weight management and overall health, making the calorie information on the label highly relevant for consumers.

Calorie Sources

Most of the calories in frosted flakes come from the carbohydrate content, specifically sugars and starches derived from corn. The small amounts of protein and fat contribute fewer calories. Understanding these sources helps in assessing how the cereal fits into daily calorie goals and macronutrient distribution.

Macronutrient Breakdown

The macronutrients listed on the frosted flakes nutrition facts label include carbohydrates, proteins, and fats. Each macronutrient plays a specific role in nutrition and energy provision, making their quantities important for dietary planning.

Carbohydrates

Carbohydrates constitute the bulk of frosted flakes. Typically, one serving contains about 26 to 28 grams of carbohydrates, which include sugars and dietary fiber. Carbohydrates provide quick energy and are essential for brain function.

Proteins

Protein content in frosted flakes is relatively low, averaging around 1 to 2 grams per serving. While not a significant protein source, it contributes to the overall daily protein intake when combined with other foods.

Fats

Fats are minimal in frosted flakes, usually less than 1 gram per serving. This low fat content makes the cereal a low-fat breakfast option, suitable for those monitoring fat intake.

Sugar Content and Its Implications

A notable aspect of the frosted flakes nutrition facts label is the sugar content. Frosted flakes are known for their sweet coating, which contributes to a relatively high sugar amount per serving. Typically, a serving contains around 10 to 12 grams of sugar, which is a significant proportion of the total carbohydrates.

Types of Sugars

The sugars in frosted flakes include added sugars such as sucrose and glucose-fructose syrup, which enhance flavor and texture. The presence of these added sugars is an important consideration for those managing blood sugar levels or reducing sugar consumption.

Health Considerations

High sugar intake is associated with various health concerns, including increased risk of obesity, type 2 diabetes, and dental cavities. Therefore, it is advisable to consume frosted flakes in moderation, especially for children and individuals with specific health conditions.

Vitamins and Minerals in Frosted Flakes

The frosted flakes nutrition facts label often highlights the presence of essential vitamins and minerals, many of which are added through fortification. These nutrients contribute to meeting daily recommended intakes and enhancing the cereal's nutritional profile.

Key Vitamins

Frosted flakes are commonly fortified with vitamins such as vitamin D, vitamin B12, and various B-complex vitamins including niacin, riboflavin, and folic acid. These vitamins support metabolic processes, bone health, and red blood cell formation.

Important Minerals

Minerals like iron and calcium are frequently added to frosted flakes. Iron is vital for oxygen transport in the blood, while calcium supports bone strength and muscle function. The fortification of these minerals makes frosted flakes a more nutrient-dense breakfast choice.

Ingredients and Additives

The ingredients list on the frosted flakes nutrition facts label provides insight into what constitutes the cereal beyond macronutrients and micronutrients. It generally includes milled corn, sugar, malt flavoring, and various vitamins and minerals.

Common Additives

Additional additives may include preservatives and artificial flavors to enhance shelf life and taste. Consumers concerned with additives should review the ingredient list carefully to make informed choices aligned with their dietary preferences.

Serving Size and Portion Control

Understanding serving size is essential when interpreting the frosted flakes nutrition facts label. The standard serving size is often 1 cup (29 grams), but actual consumption may vary. Eating larger portions increases calorie, sugar, and nutrient intake accordingly.

Tips for Portion Management

- Use measuring cups to control serving sizes accurately.
- Pair frosted flakes with protein-rich foods like milk or yogurt to promote satiety.

- Be mindful of added toppings that may increase calorie and sugar content.

Frosted Flakes in a Balanced Diet

While frosted flakes can be part of a nutritious breakfast, it is important to balance their consumption with other food groups. Incorporating fruits, proteins, and healthy fats alongside frosted flakes can enhance the overall meal quality.

Dietary Recommendations

For those monitoring sugar intake or following specific dietary plans, moderation is key. Complementing frosted flakes with fiber-rich foods and limiting portion size helps maintain a balanced diet while enjoying this popular cereal.

Frequently Asked Questions

What are the main ingredients listed on a Frosted Flakes nutrition facts label?

The main ingredients typically include corn, sugar, malt flavoring, salt, and vitamins and minerals such as iron and B vitamins.

How many calories are in a standard serving of Frosted Flakes?

A standard serving size of Frosted Flakes, usually about 1 cup (approximately 29 grams), contains around 110 calories.

What is the sugar content in a serving of Frosted Flakes?

A serving of Frosted Flakes contains approximately 12 grams of sugar.

How much dietary fiber does Frosted Flakes have per serving?

Frosted Flakes contains about 1 gram of dietary fiber per serving.

Are there any vitamins or minerals fortified in Frosted Flakes?

Yes, Frosted Flakes are often fortified with vitamins and minerals such as iron, niacin (Vitamin B3), Vitamin B6, Vitamin B12, folic acid, and riboflavin (Vitamin B2).

What is the sodium content in a serving of Frosted Flakes?

A serving of Frosted Flakes contains roughly 190 milligrams of sodium.

Does the Frosted Flakes nutrition label indicate any allergens?

The label usually indicates that Frosted Flakes may contain traces of wheat and soy, and it is often produced in facilities that handle nuts, so checking the packaging for specific allergen information is recommended.

How much protein is in a serving of Frosted Flakes?

Each serving of Frosted Flakes contains about 1 gram of protein.

Additional Resources

1. *Decoding the Frosted Flakes Nutrition Facts Label*

This book provides a comprehensive guide to understanding the nutrition facts label on Frosted Flakes cereal. It breaks down each component, such as calories, sugars, vitamins, and minerals, explaining their significance and how they impact daily dietary needs. Ideal for consumers who want to make informed choices about their breakfast options.

2. *Breakfast Cereal Nutrition: A Focus on Frosted Flakes*

Explore the nutritional profile of Frosted Flakes alongside other popular cereals in this detailed analysis. The book discusses the balance of macronutrients, added sugars, and fortification with vitamins and minerals. It also offers tips on how to integrate cereals into a balanced diet.

3. *The Science Behind Frosted Flakes Ingredients and Nutrition*

Delve into the scientific aspects of Frosted Flakes ingredients and their nutritional contributions. This book examines how processing affects nutrient retention and the role of each ingredient in health. It is perfect for readers interested in food science and nutrition.

4. *Frosted Flakes and Childhood Nutrition: What Parents Should Know*

A guide aimed at parents who want to understand the nutritional value of Frosted Flakes for their children. The book discusses sugar content, vitamin fortification, and portion sizes, helping parents make smarter breakfast choices. It includes practical advice on pairing Frosted Flakes with other foods for a balanced meal.

5. *Comparative Nutrition: Frosted Flakes vs. Other Sweetened Cereals*

This book compares the nutrition facts labels of Frosted Flakes with various other sweetened cereals. It highlights differences in sugar levels, fiber content, and added nutrients. Readers will gain insight into how Frosted Flakes stack up in terms of healthfulness.

6. *Understanding Sugar Content in Frosted Flakes*

Focusing on the sugar content in Frosted Flakes, this book discusses how added sugars affect health and nutrition. It explains the types of sugars found in the cereal and their impact on blood sugar levels and energy. The book also offers alternatives and strategies to reduce sugar intake.

7. *Vitamins and Minerals in Frosted Flakes: A Nutritional Breakdown*

An in-depth look at the vitamin and mineral fortification in Frosted Flakes. The book explains the benefits of each added nutrient and how they contribute to daily recommended intakes. It is a valuable resource for those tracking micronutrient consumption.

8. *Reading and Interpreting Food Labels: Frosted Flakes Edition*

This practical guide teaches readers how to read and interpret food labels using Frosted Flakes as an example. It covers serving sizes, daily value percentages, and ingredient lists. The book empowers consumers to make healthier food choices by understanding labels better.

9. *The Impact of Frosted Flakes on Diet and Health*

Examining the broader health implications of including Frosted Flakes in one's diet, this book discusses its nutritional pros and cons. It covers how Frosted Flakes fit into various dietary patterns and their role in weight management and chronic disease risk. The book provides evidence-based recommendations for consumption frequency and portion control.

Frosted Flakes Nutrition Facts Label

Find other PDF articles:

<https://staging.devenscommunity.com/archive-library-207/Book?docid=NWQ30-5031&title=cubase-pro-13-manual.pdf>

frosted flakes nutrition facts label: Nutrition for Foodservice and Culinary Professionals

Karen E. Drummond, Lisa M. Brefere, 2021-12-21 Combine the insights of an experienced dietitian and a renowned chef in this practical guide to nutrition and food In the newly revised 10th Edition of Nutrition for Foodservice and Culinary Professionals, registered nutritionist Karen E. Drummond and executive chef Lisa M. Brefere deliver an insightful guide to incorporating healthy, balanced dietary techniques into everyday practice. From national nutrition guidelines to food preparation and labeling standards, the authors cover every relevant aspect of planning, preparing, and serving healthy meals. They include updated 2020-2025 Dietary Guidelines for Americans from the USDA, the latest nutrition research, culinary trends, ingredients, and planning menus to meet the diverse nutritional needs of today's customers. This book also includes: A thorough introduction to the fundamentals of nutrition and foods, including why nutrition is important, what constitutes a healthy diet, and discussions of calories and nutrients A comprehensive exploration of balanced cooking and menus, including how to build flavor, balanced baking, modifying recipes, and gluten-free baking Practical discussions of applied nutrition, including how to handle customers' special nutrition requests, weight management, and nutrition for people of all ages Several appendices including serving sizes for MyPlate food groups and dietary reference intakes An enhanced e-book with links to technique videos, interactive games, quizzes, and glossary entries Perfect for students completing a culinary arts or foodservice management curriculum, Nutrition for Foodservice and Culinary Professionals, Tenth Edition is also an indispensable resource for chefs, cooks, and anyone else who professionally prepares food.

frosted flakes nutrition facts label: 60 Ways to Lower Your Blood Sugar Dennis Pollock, 2021-01-01 It's projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases—including diabetes—that can result from a diet that's seriously out of whack. In his

previous bestselling book, *Overcoming Runaway Blood Sugar*, Dennis Pollock shared his personal experience with this deadly epidemic—including his success at lowering his runaway blood sugar to acceptable levels. Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish. In this step by step, change by change plan, readers will learn how to: reduce their intake of carbs exercise more effectively shed excess weight A must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.

frosted flakes nutrition facts label: *Annual Editions: Nutrition* Dorothy Klimis-Zacas, 2006-04 Índice: Nutrition trends. Nutrients. Diet and disease through the life span. Obesity and weight control. Health claims. Food safety/technology. World Hunger and malnutrition.

frosted flakes nutrition facts label: What Do I Eat Now? 3rd Edition Tami A. Ross, 2020-04-14 Ditch the fad diets and learn how to eat well for life with the brand new edition of the American Diabetes Association's best-selling nutrition resource *What Do I Eat Now?* Healthy eating and meal planning are essential to the successful management or prevention of type 2 diabetes, but figuring out exactly what to eat can be challenging. You may be surprised to learn that there isn't one "diabetes diet" that's right for everyone. So, if you have diabetes or prediabetes, especially if you've just been diagnosed, you're probably wondering, *What Do I Eat Now?* This no-nonsense guide was created to answer that question and give you all the tools you need for a lifetime of healthy eating. Fully revised and updated, this new edition puts the latest information about diabetes management—backed by the experts at the American Diabetes Association—at your fingertips! Written in clear, concise language, each chapter in this beginner-friendly guide explains a vital concept of diabetes nutrition, including: understanding carbohydrates and macronutrients, different eating patterns for diabetes management or prevention, portion control, reading nutrition labels, smart shopping and cooking techniques, and strategies for eating out and special occasions. No trendy, restrictive diets or confusing nutrition science—just straightforward advice and strategies to help you successfully manage or prevent diabetes through healthy eating. *What Do I Eat Now?* is the single best nutrition resource for people with diabetes or prediabetes. Get started on the path toward a happy, healthy life today!

frosted flakes nutrition facts label: *Kinn's The Medical Assistant - E-Book* Deborah B. Proctor, Alexandra Patricia Adams, 2014-03-27 The most comprehensive medical assisting resource available, *Kinn's The Medical Assistant*, 11th Edition provides unparalleled coverage of the practical, real-world administrative and clinical skills essential to your success in health care. *Kinn's* 11th Edition combines current, reliable content with innovative support tools to deliver an engaging learning experience and help you confidently prepare for today's competitive job market. Study more effectively with detailed Learning Objectives, Vocabulary terms and definitions, and Connections icons that link important concepts in the text to corresponding exercises and activities throughout the companion Evolve Resources website and Study Guide & Procedure Checklist Manual. Apply what you learn to realistic administrative and clinical situations through an Applied Learning Approach that integrates case studies at the beginning and end of each chapter. Master key skills and clinical procedures through step-by-step instructions and full-color illustrations that clarify techniques. Confidently meet national medical assisting standards with clearly identified objectives and competencies incorporated throughout the text. Sharpen your analytical skills and test your understanding of key concepts with critical thinking exercises. Understand the importance of patient privacy with the information highlighted in helpful HIPAA boxes. Demonstrate your proficiency to potential employers with an interactive portfolio builder on the companion Evolve Resources website. Familiarize yourself with the latest administrative office trends and issues including the Electronic Health Record. Confidently prepare for certification exams with online practice exams and an online appendix that mirrors the exam outlines and provides fast, efficient access to related content. Enhance your value to employers with an essential understanding of emerging disciplines and growing specialty areas. Find information quickly and easily with newly reorganized chapter content and charting examples. Reinforce your understanding through medical terminology audio

pronunciations, Archie animations, Medisoftware practice management software exercises, chapter quizzes, review activities, and more on a completely revised companion Evolve Resources website.

frosted flakes nutrition facts label: If Your Child is Overweight Susan M. Kosharek, 2006

frosted flakes nutrition facts label: Eat Your Way to Happiness Elizabeth Somer, 2009-11-01 Are you satisfied with your weight? Do you have enough energy to make it through the day? Do you consider yourself a happy person? All of these things are related, and your energy, mental clarity, mood and, of course, waistline are all directly connected to what you eat. In *Eat Your Way to Happiness*, you'll learn that healthy eating is a lot easier than you may think, and that making a few simple changes to your diet can have amazing results. Discover: The 1,2,3 combination of breakfast foods that will keep you energized all day. Which carbs and fats to eat—and why the right ones will help elevate your mood and decrease your weight. The 12 super foods that pack an added punch for boosting mood and slimming your waistline. Nutritious foods that have been scientifically shown to tweak brain chemistry so you feel calmer, happier and more energetic—and more likely to stick to your diet. The amazing studies showing that chocolate and wine can help you live longer—and more happily. And much more!

frosted flakes nutrition facts label: Dr. Shapiro's Picture Perfect Weight Loss Howard M. Shapiro, 2000-04-08 The secret to taking off those hated pounds? I lost 25 pounds living up to Dr. Shapiro's simple plan for reducing my waistline. What worked for me were the visual aids-- a picture can be worth 1,000 calories! They don't call him the Prince of Pounds for nothing!--Dennis Duggan, Pulitzer prize-winning columnist, *Newsday* Dr. Shapiro proves that great eating and weight loss can go hand in hand if you make the right choices. Starting the day right, eating out for pleasure or business, enjoying a snack or even a chocolate indulgence-- it can all be done without gaining weight, if you follow the picture perfect guidelines in this book. Dr. Shapiro's proven program of Food Awareness Training empowers you to take charge of your eating. You can stop depriving yourself, stop feeling guilty-- and stop dieting. Whether you want to lose 100 pounds or want to maintain the healthy weight you have now, here are the images that will instantly change your habits for life. Dr. Shapiro brings an important new approach to weight control. This book allows the reader to get the picture of a personal eating plan for healthy living.--George L. Blackburn, M.D., Ph.D., Harvard Medical School In 40 years of reading and evaluating writing on obesity and nutrition, this is one of the most clearly written books I have ever read. The photographs are indeed an innovation in understanding the details and personal applications of Dr. Shapiro's approach.--Maria Day Simonson, Sc.D., Ph.D., director, the Johns Hopkins Health, Weight, and Stress Clinic Dr. Shapiro has written the definitive book about making intelligent eating choices. The photos are truly a revelation, and the book's commonsense approach makes it accessible to everyone.--Drew Nieporent, restaurateur A visual and effective book that is for everybody! It gets a very important message across in a wonderfully simple way!--Denise Austin, host of Lifetime TV's *Daily Workout* As a dietitian, I like seeing in pictures what we have been telling people for years. . . . Here is some basic, sound information that everyone can benefit from.--Franca Alphin, R.D., administrative director, Duke University Diet and Fitness Center A startling book that taught me more about nutrition than I had learned in 4 years at medical school, 5 years of postgraduate training, and 30 years of orthopedic practice. This book is a 'must read' for most all physicians as well as their patients.--Marvin S. Gilbert, M.D., Manhattan Orthopedic and Sports Medicine Group A very simple but potent tool for helping people make changes without diets or 'resistance' to any food.... The approach is a win-win!--Susan Olson, Ph.D., clinical psychologist and coauthor of *Keeping It Off: Winning at Weight Loss*

frosted flakes nutrition facts label: The World Almanac and Book of Facts 2013 Sarah Janssen, 2012-12-04 Get thousands of facts right at your fingertips with this updated resource. The *World Almanac®* and *Book of Facts* is America's top-selling reference book of all time, with more than 82 million copies sold. Published annually since 1868, this compendium of information is the authoritative source for all your entertainment, reference, and learning needs. Praised as a "treasure trove of political, economic, scientific and educational statistics and information" by The

Wall Street Journal, The World Almanac® contains thousands of facts that are unavailable publicly elsewhere—in fact, it has been featured as a category on Jeopardy! and is routinely used as a go-to, all-encompassing guide for aspiring game show contestants. The 2013 edition of The World Almanac® and Book of Facts will answer all of your trivia questions—from history and sports to geography, pop culture, and much more.

frosted flakes nutrition facts label: *Stop Autism Now!* Bruce Fife, 2017-08-11 Over 1 million people have autism. Childhood developmental disabilities of all type is rapidly growing including autism, attention deficit hyperactivity disorder (ADHD), epilepsy, mental retardation, and others. Currently in the United States, 4 million children have attention deficit hyperactivity disorder, the most common learning disability, and an incredible one in six children are classified as learning disabled. Why the sudden astronomical rise in developmental disabilities? Most doctors have no clue what causes autism, nor any idea how to prevent or even treat it. The only medically recognized form of treatment is an attempt to teach affected children how to manage the disorder and live with it. Antidepressants, antipsychotics, and stimulants are often prescribed to help cope with symptoms. No possibility of a cure is offered, as the condition is considered permanent—in other words “hopeless.” Autism, however, is not a hopeless condition. It can be prevented and successfully treated without the use of drugs. This book describes an innovative new dietary and lifestyle approach that has proven very successful in reversing even some of the most severe developmental disorders, allowing once disabled children to enter regular school and lead normal, happy, productive lives. There is a solution. You can stop autism now! “Dr. Fife has done an outstanding job on *Stop Autism Now!* This book gives the latest stats on the pervasiveness of autism spectrum disorder and more importantly, viable solutions. With food lists and recipes galore, Dr. Fife makes the diet doable and manageable and worth your effort to try it.” --Carolyn Dean, MD, ND, Author of *The Magnesium Miracle* “ Bruce Fife has produced another masterpiece. Autism is a subject that I have spent a good deal of time analyzing, researching, and writing about and no one does a better job condensing and explaining what is known about this terrible disorder than does Doctor Fife. His advice, designed to treat this disorder, is based on good science and practical experience. This book will help millions of children who have become a victim of a health policy gone mad. Parents should all have this book on their bookshelves and refer to it often.” --Russell L. Blaylock, M.D, Author of *Excitotoxins: The Taste That Kills* Theoretical Neurosciences Research, LLC Visiting Professor of Biology, Belhaven University, Jackson, Ms Clinical Assistant Professor of Neurosurgery, University of Mississippi (retired)

frosted flakes nutrition facts label: *Lighten Up* Charles Stuart Platkin, Charles Platkin, 2005 Describes a step-by-step approach to lifestyle changes that lead to permanent weight loss, including how to handle restaurants, the holidays, and the school cafeteria.

frosted flakes nutrition facts label: *Eat to Sleep* Karman Meyer, 2019-05-14 Utilize food as your all-natural solution to sleeplessness with this easy guide that teaches you just what to eat—and when to eat it—to fall asleep faster and wake up refreshed. We’ve all heard that it’s the turkey that makes you so sleepy after every Thanksgiving dinner, and a cup of warm milk is just the thing to help you settle down for night, but it may surprise you to find just how much what you eat can affect how well you sleep at night. Whether you experience occasional insomnia or suffer from chronic sleeplessness, *Eat to Sleep* explains which foods to eat and when to eat them in order to get the best night’s rest possible. With information on how to easily incorporate “sleepy” foods into your diet, and how to prepare your food to increase its sleep-inducing effectiveness, *Eat to Sleep* shows you the way to getting optimal shuteye—naturally.

frosted flakes nutrition facts label: *Food: where Nutrition Politics & Culture Meet* Deborah Katz, Mary T. Goodwin, 1976

frosted flakes nutrition facts label: *The Stanford Life Plan for a Healthy Heart* Helen Cassidy Page, John Speer Schroeder, Tara Coghlin Dickson, 1996 A major lifestyle and culinary breakthrough, this radical new guide to heart-healthy eating is destined to change forever the way people eat, cook, shop, and live. Much more than a cookbook of more than 200 innovative,

delectable, low-fat recipes, this unique volume provides a blueprint for health and well-being for diet-conscious people of all ages.

frosted flakes nutrition facts label: The Workbook , 1982

frosted flakes nutrition facts label: Journal of AOAC International , 1999

frosted flakes nutrition facts label: Healthy Heart Cookbook & Life Plan Helen Cassidy Page, John Speer Schroeder, Tara Coghlin Dickson, 1997 Outlines a low fat diet that utilizes only twenty-five grams of fat.

frosted flakes nutrition facts label: Diet for a Sustainable Ecosystem Benjamin E. Cuker, 2020-08-10 This book explores a specific ecosystem in depth, in order to weave a story built on place and history. It incorporates the theme of a journey to help reveal the environment-human-health-food system-problem. While drawing on a historical approach stretching back to the American colonial era, it also incorporates more contemporary scientific findings. By crafting its story around a specific place, the book makes it easier for readers to relate to the content, and to subsequently use what they learn to better understand the role of food systems at the global scale.

frosted flakes nutrition facts label: Eating Between the Lines Kimberly Lord Stewart, 2007-02-06 So many labels, so little time—just tell me what to buy! If you—like millions of other Americans—still don't know how to read food labels and are frustrated by the hundreds of nutrition and health claims as well as statements like free-range and grassfed, it's time to learn what you're really putting into your body...find out how to select the most healthy foods at the supermarket and still get dinner on the table by 6:00 pm with EATING BETWEEN THE LINES Shopping is no longer as simple as deciding what's for dinner. Food labels like organic, natural, low carb, and fat free! scream out at you from every aisle at the supermarket. Some claims are certified by authoritative groups such as the FDA and USDA, but much of our country's nutrition information is simply a marketing ploy. If you want to know what food labels really mean—and what they could mean to your health—EATING BETWEEN THE LINES will explain why: --Chickens labeled free range may never actually see daylight --Organic seafood may be a misnomer. --The words hormone-free on pork, eggs and poultry is meaningless --Low fat cookies and heart-healthy cereals may contain heart damaging trans-fatty acids ...and more. Organized by supermarket section, from the vegetable aisle to the dairy case, EATING BETWEEN THE LINES also features more than seventy actual food labels and detachable shopping lists for your convenience—and to help bring the best food to the table for you and your family.

frosted flakes nutrition facts label: Profit Hungry John W. Warnock, 1978

Related to frosted flakes nutrition facts label

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories in Frosted Flakes Cereal from Kellogg's - Nutritionix Calories and other nutrition information for Frosted Flakes Cereal from Kellogg's

Calories in Kellogg's Frosted Flakes and Nutrition Facts Calorie breakdown: 0% fat, 94% carbs, 6% protein. There are 130 calories in 1 cup (37 g) of Kellogg's Frosted Flakes. Get full nutrition facts for other Kellogg's products and all

Nutrition Facts for Kellogg's frosted flakes - CEREAL - myfooddata Nutrition Facts for Kellogg's frosted flakes - CEREAL - View calories, protein, carbs, fats, vitamins, minerals, and more

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Nutrition Facts - Nutrition Resource Nutrition Facts Serving Size 0.75 cup (1 NLEA serving) Amount Per Serving Calories from Fat 5Calories 111 % Daily Value * 1%Total Fat 1g 1% Saturated Fat 0g

Kellogg's Frosted Flakes Cereal nutrition: calories, carbs, GI, protein Kellogg's Frosted Flakes Cereal nutrition (100 grams). Richest in Net carbs: 87g (% of DV), Carbs: 89g (30% of DV). Glycemic Index: 55, Calories:369, Net carbs: 87, Protein: 3.96. Source: USDA

Kellogg's Frosted Flakes Nutrition Facts One serving of Kellogg's Frosted Flakes (about 1 cup) contains 150 calories, 0 grams of fat, 33 grams of carbohydrates, and 10 grams of sugar. They also provide essential vitamins and

Kellogg's Frosted Flakes Nutrition Facts - Eat This Much 1 cup of kellogg's frosted flakes (Cereals ready-to-eat, kellogg) contains 144 Calories. The macronutrient breakdown is 92% carbs, 4% fat, and 4% protein. This is a good source of iron

Kellogg's Official US Nutrition Label Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, ma. t flavor. Vitamins and Minerals: Vitamin C (ascorbic acid), niacinamide, reduced iron,

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories in Frosted Flakes Cereal from Kellogg's - Nutritionix Calories and other nutrition information for Frosted Flakes Cereal from Kellogg's

Calories in Kellogg's Frosted Flakes and Nutrition Facts Calorie breakdown: 0% fat, 94% carbs, 6% protein. There are 130 calories in 1 cup (37 g) of Kellogg's Frosted Flakes. Get full nutrition facts for other Kellogg's products and all

Nutrition Facts for Kellogg's frosted flakes - CEREAL - myfooddata Nutrition Facts for Kellogg's frosted flakes - CEREAL - View calories, protein, carbs, fats, vitamins, minerals, and more

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Nutrition Facts - Nutrition Resource Nutrition Facts Serving Size 0.75 cup (1 NLEA serving) Amount Per Serving Calories from Fat 5Calories 111 % Daily Value * 1%Total Fat 1g 1% Saturated Fat 0g

Kellogg's Frosted Flakes Cereal nutrition: calories, carbs, GI, protein Kellogg's Frosted Flakes Cereal nutrition (100 grams). Richest in Net carbs: 87g (% of DV), Carbs: 89g (30% of DV). Glycemic Index: 55, Calories:369, Net carbs: 87, Protein: 3.96. Source: USDA

Kellogg's Frosted Flakes Nutrition Facts One serving of Kellogg's Frosted Flakes (about 1 cup) contains 150 calories, 0 grams of fat, 33 grams of carbohydrates, and 10 grams of sugar. They also provide essential vitamins and

Kellogg's Frosted Flakes Nutrition Facts - Eat This Much 1 cup of kellogg's frosted flakes (Cereals ready-to-eat, kellogg) contains 144 Calories. The macronutrient breakdown is 92% carbs, 4% fat, and 4% protein. This is a good source of iron

Kellogg's Official US Nutrition Label Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, ma. t flavor. Vitamins and Minerals: Vitamin C (ascorbic acid), niacinamide, reduced iron,

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories in Frosted Flakes Cereal from Kellogg's - Nutritionix Calories and other nutrition information for Frosted Flakes Cereal from Kellogg's

Calories in Kellogg's Frosted Flakes and Nutrition Facts Calorie breakdown: 0% fat, 94% carbs, 6% protein. There are 130 calories in 1 cup (37 g) of Kellogg's Frosted Flakes. Get full nutrition facts for other Kellogg's products and all

Nutrition Facts for Kellogg's frosted flakes - CEREAL - myfooddata Nutrition Facts for Kellogg's frosted flakes - CEREAL - View calories, protein, carbs, fats, vitamins, minerals, and more

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a

nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Nutrition Facts - Nutrition Resource Nutrition Facts Serving Size 0.75 cup (1 NLEA serving)
Amount Per Serving Calories from Fat 5Calories 111 % Daily Value * 1%Total Fat 1g 1% Saturated
Fat 0g

Kellogg's Frosted Flakes Cereal nutrition: calories, carbs, GI, protein Kellogg's Frosted Flakes Cereal nutrition (100 grams). Richest in Net carbs: 87g (% of DV), Carbs: 89g (30% of DV). Glycemic Index: 55, Calories:369, Net carbs: 87, Protein: 3.96. Source: USDA

Kellogg's Frosted Flakes Nutrition Facts One serving of Kellogg's Frosted Flakes (about 1 cup) contains 150 calories, 0 grams of fat, 33 grams of carbohydrates, and 10 grams of sugar. They also provide essential vitamins and

Kellogg's Frosted Flakes Nutrition Facts - Eat This Much 1 cup of kellogg's frosted flakes (Cereals ready-to-eat, kellogg) contains 144 Calories. The macronutrient breakdown is 92% carbs, 4% fat, and 4% protein. This is a good source of iron

Kellogg's Official US Nutrition Label Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, ma. t flavor. Vitamins and Minerals: Vitamin C (ascorbic acid), niacinamide, reduced iron,

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories in Frosted Flakes Cereal from Kellogg's - Nutritionix Calories and other nutrition information for Frosted Flakes Cereal from Kellogg's

Calories in Kellogg's Frosted Flakes and Nutrition Facts Calorie breakdown: 0% fat, 94% carbs, 6% protein. There are 130 calories in 1 cup (37 g) of Kellogg's Frosted Flakes. Get full nutrition facts for other Kellogg's products and all

Nutrition Facts for Kellogg's frosted flakes - CEREAL - myfooddata Nutrition Facts for Kellogg's frosted flakes - CEREAL - View calories, protein, carbs, fats, vitamins, minerals, and more

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Nutrition Facts - Nutrition Resource Nutrition Facts Serving Size 0.75 cup (1 NLEA serving)
Amount Per Serving Calories from Fat 5Calories 111 % Daily Value * 1%Total Fat 1g 1% Saturated
Fat 0g

Kellogg's Frosted Flakes Cereal nutrition: calories, carbs, GI, Kellogg's Frosted Flakes Cereal nutrition (100 grams). Richest in Net carbs: 87g (% of DV), Carbs: 89g (30% of DV). Glycemic Index: 55, Calories:369, Net carbs: 87, Protein: 3.96. Source: USDA

Kellogg's Frosted Flakes Nutrition Facts One serving of Kellogg's Frosted Flakes (about 1 cup) contains 150 calories, 0 grams of fat, 33 grams of carbohydrates, and 10 grams of sugar. They also provide essential vitamins and

Kellogg's Frosted Flakes Nutrition Facts - Eat This Much 1 cup of kellogg's frosted flakes (Cereals ready-to-eat, kellogg) contains 144 Calories. The macronutrient breakdown is 92% carbs, 4% fat, and 4% protein. This is a good source of iron

Kellogg's Official US Nutrition Label Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, ma. t flavor. Vitamins and Minerals: Vitamin C (ascorbic acid), niacinamide, reduced iron,

Kellogg's Frosted Flakes® Cereal - SmartLabel™ *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories in Frosted Flakes Cereal from Kellogg's - Nutritionix Calories and other nutrition information for Frosted Flakes Cereal from Kellogg's

Calories in Kellogg's Frosted Flakes and Nutrition Facts Calorie breakdown: 0% fat, 94%

carbs, 6% protein. There are 130 calories in 1 cup (37 g) of Kellogg's Frosted Flakes. Get full nutrition facts for other Kellogg's products and all

Nutrition Facts for Kellogg's frosted flakes - CEREAL - myfooddata Nutrition Facts for Kellogg's frosted flakes - CEREAL - View calories, protein, carbs, fats, vitamins, minerals, and more **Kellogg's Frosted Flakes® Cereal - SmartLabel™** *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Nutrition Facts - Nutrition Resource Nutrition Facts Serving Size 0.75 cup (1 NLEA serving) Amount Per Serving Calories from Fat 5Calories 111 % Daily Value * 1%Total Fat 1g 1% Saturated Fat 0g

Kellogg's Frosted Flakes Cereal nutrition: calories, carbs, GI, protein Kellogg's Frosted Flakes Cereal nutrition (100 grams). Richest in Net carbs: 87g (% of DV), Carbs: 89g (30% of DV). Glycemic Index: 55, Calories:369, Net carbs: 87, Protein: 3.96. Source: USDA

Kellogg's Frosted Flakes Nutrition Facts One serving of Kellogg's Frosted Flakes (about 1 cup) contains 150 calories, 0 grams of fat, 33 grams of carbohydrates, and 10 grams of sugar. They also provide essential vitamins and

Kellogg's Frosted Flakes Nutrition Facts - Eat This Much 1 cup of kellogg's frosted flakes (Cereals ready-to-eat, kellogg) contains 144 Calories. The macronutrient breakdown is 92% carbs, 4% fat, and 4% protein. This is a good source of iron

Kellogg's Official US Nutrition Label Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, ma. t flavor. Vitamins and Minerals: Vitamin C (ascorbic acid), niacinamide, reduced iron,

Back to Home: <https://staging.devenscommunity.com>