



# Vaq Nutri

## Nutrition Facts

Other

Name	Serving Size	Calories	Total Fats	Cholesterol	Sodium	Potassium	Carbohydrates	Proteins
Cheerios	28 g	100	2 g	0 mg	0.14 mg	0.18	20 g	3 g
Fiber One Cereal Original	30 g	60	1 g	0 mg	0.11 mg	0.11	25 g	2 g
Fiber One 100% Whole Wheat Bread	48 g	15	1.5 g	0 mg	0.170 mg	0	23 g	5 g
Fiber One Multigrain Bread	48 g	110	1.5 g	0 mg	0.135 mg	0	25 g	4 g
Fiber One 9 Grain Bread	48 g	110	1.5 g	0 mg	0.135 mg	0	25 g	4 g
Honey Bunches of Oats Honey Roasted	30 g	120	1.5 g	0 mg	0.135 mg	0.055	25 g	2 g
Riceland Extral Long Grain Brown Rice	42 g	150	1 g	0 mg	0 mg	0.1	32 g	3 g
Great Value Brown Rice	45 g	160	1.5 g	0 mg	0 mg	0.1	35 g	4 g
Great Value 100% Whole Wheat Bread	28 g	60	1 g	0 mg	0.120 mg	0.060	12 g	3 g
Great Value Multi-Grain Bread	45 g	120	1.5 g	0 mg	0.190 mg	0.095	24 g	5 g
HEB 100% Whole Grain Brown Rice	42 g	150	1 g	0 mg	0 mg	0	32 g	3 g
HEB Bake Shop 100% Whole Wheat Bread	28 g	60	1 g	0 mg	0.085 mg	0.090	11 g	3 g
HEB Essential								

Grains 12 Grain Bread	45 g	120	2 g	0 mg	0.190 mg	0	22 g	6 g
Skinny Pop Original Popped Popcorn	28 g	150	10 g	0 mg	0.075 mg	0	15 g	2 g
Orville Redenbacher's Naturals Simply Salted	35 g	170	11 g	0 mg	0.4 mg	0.065	17 g	2 g
Honey Bunches of Oats Protein Granola with Dark Chocolate	50 g	220	7 g	0 mg	0.095 mg	0.16	32 g	9 g
Natural Valley Baked Oat Bites Cereal	24 g	210	6 g	0 mg	0.160 mg	0.105	34 g	7 g
Natural Valley Protein Oatmeal Maple Pecan Crunch	48 g	290	8 g	0 mg	0.150 mg	0.210	47 g	10 g
Natural Valley Oats 'N Honey Crunchy Granola Bars	16 g	190	7 g	0 mg	0.180 mg	0	29 g	3 g
Erin Baker's Granola Oatmeal Rasin	55 g	250	9 g	0 mg	0.01 mg	0	38 g	5 g