SMART SNACKS IN SCHOOLS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Post

Product Name:
Frosted Shredded Wheat 2 GB Cereal Bowl

Serving Size:
56.70 g

First Ingredient:
Whole Grain Wheat

Your whole grain product meets all nutrient standards for entrees or snack foods.

Your product is compliant!

Nutrition Facts

Serving Size 2 oz (about 56.70 g)

Servings Per Container

Amount Per Serving	
Calories 190	
Total Fat (g) 1	
Saturated Fat (g) 0	
Sodium (mg) 5	
Carbohydrates	
Total Sugars (g) 12	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

LEADING THE WAY FOR CHILDREN'S HEALTH