

Kellogg's® Eggo® Waffles Apple Cinnamon

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Serving Size			2 Waffles (70g)		
Amount Per Serving			Calories		
Per Serving			2,000		
Per Waffle			2,500		
Calories			190	90	
Calories from Fat			50	25	
% Daily Value*					
Total Fat 6g	9%	4%			
Saturated Fat 1.5g	8%	4%			
Trans Fat 0g					
Cholesterol 15mg	5%	2%			
Sodium 370mg	15%	7%			
Potassium 50mg	1%	1%			
Total Carbohydrate 29g	10%	5%			
Dietary Fiber 1g			4%	2%	
Sugars 6g					
Other Carbohydrate 22g					
Protein 4g					
Vitamin A	20%	10%			
Vitamin C	0%	0%			
Calcium	10%	4%			
Iron	20%	10%			
Thiamin	20%	10%			
Riboflavin	20%	10%			
Niacin	20%	10%			
Vitamin B ₆	20%	10%			
Folic Acid	10%	6%			
Vitamin B ₁₂	20%	10%			
Phosphorus	20%	10%			
			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		
			Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WATER, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGGS, SUGAR, DEXTROSE, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, APPLE FIBER, SALT, CINNAMON, CALCIUM CARBONATE, MALTODEXTRIN, CELLULOSE GUM, MALIC ACID, NATURAL AND ARTIFICIAL FLAVORS, CARAMEL COLOR, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), VITAMIN B ₁₂ .					
CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.					
Exchange (per serving): 2 Carbohydrates, 1 Fat The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.					

NLI#04771

Kellogg's® Eggo® Waffles Banana Bread

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Serving Size		2 Waffles (70g)			
		Calories	2,000	2,500	
Amount Per Serving	Per Serving	Per Waffle			
Calories	190	90			
Calories from Fat	60	30			
		% Daily Value*			
Total Fat 6g	9%	5%			
Saturated Fat 1.5g	8%	4%			
Trans Fat 0g					
Cholesterol 0mg	0%	0%			
Sodium 270mg	11%	6%			
Potassium 95mg	3%	1%			
Total Carbohydrate 29g	10%	5%			
Dietary Fiber 1g	6%	3%			
Sugars 6g					
Other Carbohydrate 22g					
Protein 4g					
Vitamin A	20%	10%			
Vitamin C	0%	0%			
Calcium	10%	4%			
Iron	20%	10%			
Thiamin	20%	10%			
Riboflavin	20%	10%			
Niacin	20%	10%			
Vitamin B ₆	20%	10%			
Folic Acid	10%	6%			
Vitamin B ₁₂	20%	10%			
Phosphorus	20%	10%			
			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		
			Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WATER, BANANA PUREE, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGG WHITES, SUGAR, CONTAINS TWO PERCENT OR LESS OF WHEAT BRAN, FRUCTOSE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL BANANA FLAVOR WITH OTHER NATURAL FLAVORS, SALT, CALCIUM CARBONATE, MALT FLAVORING, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), CALCIUM PANTOTHENATE, VITAMIN B ₁₂ , FOLIC ACID.					
CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.					
Exchange (per serving): 2 Carbohydrates, 1 Fat The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.					

NLI#04772

Kellogg's® Eggo® Waffles Blueberry

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Serving Size 2 Waffles (70g)			Calories	2,000	2,500
Amount Per Serving	Per Serving	Per Waffle			
Calories	190	90			
Calories from Fat	50	25			
% Daily Value*					
Total Fat 6g	9%	4%			
Saturated Fat 1.5g	8%	4%			
<i>Trans Fat</i> 0g					
Cholesterol 15mg	5%	2%			
Sodium 370mg	15%	7%			
Potassium 50mg	1%	1%			
Total Carbohydrate 29g	10%	5%			
Dietary Fiber less than 1g	3%	2%			
Sugars 6g					
Other Carbohydrate 23g					
Protein 4g					
Vitamin A	20%	10%			
Vitamin C	0%	0%			
Calcium	10%	4%			
Iron	20%	10%			
Thiamin	20%	10%			
Riboflavin	20%	10%			
Niacin	20%	10%			
Vitamin B ₆	20%	10%			
Folic Acid	10%	6%			
Vitamin B ₁₂	20%	10%			
Phosphorus	20%	10%			

<p>INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), WATER, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGGS, SUGAR, DEXTROSE, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, SALT, CALCIUM CARBONATE, DRIED BLUEBERRIES, APPLE FIBER, NATURAL AND ARTIFICIAL FLAVORS, MALTODEXTRIN, CELLULOSE GUM, CITRIC ACID, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, BLUE #2 LAKE, REDUCED IRON, RED #40 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), THIAMIN HYDROCHLORIDE (VITAMIN B₁), RIBOFLAVIN (VITAMIN B₂), VITAMIN B₁₂.</p>	<p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p>
CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.	
<p>Exchange (per serving): 2 Carbohydrates, 1 Fat The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i>, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.</p>	

NLI#04767

Kellogg's® Eggo® Waffles Brown Sugar Cinnamon Flip Flop™

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Serving Size			2 Waffles (70g)		
Amount Per Serving			Calories		
Per Serving			2,000		
Per Waffle			2,500		
Calories	200	100			
Calories from Fat	60	30			
% Daily Value*					
Total Fat 7g	11%	5%			
Saturated Fat 2g	10%	5%			
Trans Fat 0g					
Cholesterol 15mg	5%	3%			
Sodium 390mg	16%	8%			
Potassium 60mg	2%	1%			
Total Carbohydrate 31g	10%	5%			
Dietary Fiber less than 1g	3%	2%			
Sugars 9g					
Other Carbohydrate 21g					
Protein 4g					
Vitamin A	20%	10%			
Vitamin C	0%	0%			
Calcium	10%	4%			
Iron	20%	10%			
Thiamin	20%	10%			
Riboflavin	20%	10%			
Niacin	20%	10%			
Vitamin B ₆	20%	10%			
Folic Acid	10%	6%			
Vitamin B ₁₂	20%	10%			
Phosphorus	20%	10%			
			Total Fat Less than 65g Sat. Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400mg Potassium 3,500mg Total Carbohydrate 300g Dietary Fiber 25g		
			Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
			INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGGS, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, MOLASSES, CALCIUM CARBONATE, NATURAL AND ARTIFICIAL MAPLE BROWN SUGAR FLAVOR, CINNAMON, WHEY, YELLOW #5 LAKE, SOY LECITHIN, YELLOW #6 LAKE, BLUE #2 LAKE, VITAMIN A PALMITATE, RED #40 LAKE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), VITAMIN B ₁₂ .		
			CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.		
			Exchange (per serving): 2 Carbohydrates, 1 Fat The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.		

NLI#04820

Kellogg's® Eggo® Waffles Buttermilk

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size	2 Waffles (70g)			Calories
Servings Per Container	8			2,000 2,500
Amount Per Serving	Per Serving	Per Waffle	Total Fat	Less than 65g 80g
Calories	180	90	Sat. Fat	Less than 20g 25g
Calories from Fat	50	25	Cholesterol	Less than 300mg 300mg
% Daily Value*			Sodium	Less than 2,400mg 2,400mg
Total Fat 6g	9%	5%	Potassium	3,500mg 3,500mg
Saturated Fat 2g	10%	5%	Total Carbohydrate	300g 375g
Trans Fat 0g			Dietary Fiber	25g 30g
Cholesterol 15mg	5%	3%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Sodium 420mg	18%	9%	INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WATER, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGGS, BUTTERMILK, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SUGAR, SALT, CALCIUM CARBONATE, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), VITAMIN B ₁₂ .	
Potassium 60mg	2%	1%	CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.	
Total Carbohydrate 26g	9%	4%	Exchange (per serving): 2 Carbohydrates, 1 Fat	
Dietary Fiber 1g	4%	2%	The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.	
Sugars 2g				
Other Carbohydrate 23g				
Protein 5g				
Vitamin A	20%	10%		
Vitamin C	0%	0%		
Calcium	10%	4%		
Iron	20%	10%		
Thiamin	20%	10%		
Riboflavin	20%	10%		
Niacin	20%	10%		
Vitamin B ₆	20%	10%		
Folic Acid	10%	4%		
Vitamin B ₁₂	20%	10%		
Phosphorus	20%	10%		

NLI#03754

Kellogg's® Eggo® Waffles Choco-'Nilla Flip Flop™

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:																														
Serving Size		2 Waffles (70g)																															
		Calories	2,000	2,500																													
Amount Per Serving	Per Serving	Per Waffle																															
Calories	200	100																															
Calories from Fat	70	35																															
% Daily Value*																																	
Total Fat 7g	11%	5%																															
Saturated Fat 2g	10%	5%																															
Trans Fat 0g																																	
Cholesterol 15mg	5%	3%																															
Sodium 390mg	16%	8%																															
Potassium 55mg	2%	1%																															
Total Carbohydrate 31g	10%	5%																															
Dietary Fiber less than 1g	4%	2%																															
Sugars 8g																																	
Other Carbohydrate 22g																																	
Protein 4g																																	
Vitamin A	20%	10%																															
Vitamin C	0%	0%																															
Calcium	10%	4%																															
Iron	20%	10%																															
Thiamin	20%	10%																															
Riboflavin	20%	10%																															
Niacin	20%	10%																															
Vitamin B ₆	20%	10%																															
Folic Acid	10%	6%																															
Vitamin B ₁₂	20%	10%																															
Phosphorus	20%	10%																															
			<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat. Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Potassium</td> <td></td> <td>3,500mg</td> <td>3,500mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table>			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
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																														
			Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																														
			INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGGS, COCOA DROPS (SUGAR, PALM KERNEL AND PALM OIL, COCOA, DEXTROSE, CHOCOLATE, NONFAT DRY MILK, SOY LECITHIN, ARTIFICIAL FLAVOR), CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, ARTIFICIAL VANILLA FLAVOR, CALCIUM CARBONATE, NATURAL AND ARTIFICIAL CHOCOLATE CREAM FLAVOR, WHEY, SOY LECITHIN, YELLOW #6 LAKE, BLUE #2 LAKE, CARAMEL COLOR, RED #40 LAKE, VITAMIN A PALMITATE, YELLOW #5 LAKE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), VITAMIN B ₁₂ .																														
			CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.																														
			Exchange (per serving): 2 Carbohydrates, 1 Fat The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.																														

NLI#04819

Kellogg's® Eggo® French Toast Waffles

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size	1 Waffle (45g)	Calories	2,000 2,500
Amount Per Serving		Total Fat	Less than 65g 80g
Calories 140 Calories from Fat 50		Sat. Fat	Less than 20g 25g
% Daily Value*		Cholesterol	Less than 300mg 300mg
Total Fat 6g	9%	Sodium	Less than 2,400mg 2,400mg
Saturated Fat 2g	10%	Potassium	3,500mg 3,500mg
<i>Trans</i> Fat 0g		Total Carbohydrate	300g 375g
Cholesterol 10mg	3%	Dietary Fiber	25g 30g
Sodium 240mg	10%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Potassium 35mg	1%	INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGGS, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, SALT, CALCIUM CARBONATE, CINNAMON, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), VITAMIN B ₁₂ .	
Total Carbohydrate 19g	6%	CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.	
Dietary Fiber less than 1g	2%		
Sugars 5g			
Other Carbohydrate 14g			
Protein 3g			
Vitamin A	20%	Exchange (per serving): 1 Carbohydrate, 1 Fat	
Vitamin C	0%	The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.	
Calcium	10%		
Iron	15%		
Thiamin	20%		
Riboflavin	10%		
Niacin	10%		
Vitamin B ₆	10%		
Folic Acid	8%		
Vitamin B ₁₂	15%		
Phosphorus	10%		

NLI#04826

Kellogg's®

Eggo® Stuffed French Toaster Sticks

Maple Syrup

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 1 Piece (59g)		Calories	2,000 2,500
Amount Per Serving			
Calories	150		
Calories from Fat	35		
% Daily Value*			
Total Fat 3.5g	5%	Total Fat	Less than 65g 80g
Saturated Fat 1g	5%	Sat. Fat	Less than 20g 25g
Trans Fat 0g		Cholesterol	Less than 300mg 300mg
Cholesterol 15mg	5%	Sodium	Less than 2,400mg 2,400mg
Sodium 330mg	14%	Potassium	3,500mg 3,500mg
Potassium 35mg	1%	Total Carbohydrate	300g 375g
Total Carbohydrate 27g	9%	Dietary Fiber	25g 30g
Dietary Fiber less than 1g	2%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Sugars 11g		INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WATER, MAPLE FLAVORED FILLING (HIGH FRUCTOSE CORN SYRUP, WATER, MODIFIED CORNSTARCH, CELLULOSE GEL, NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, SALT, CELLULOSE GUM), EGGS, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), FRUCTOSE. CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SUGAR, SALT, CALCIUM CARBONATE, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, YELLOW #5, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), YELLOW #6, VITAMIN B ₁₂ .	
Other Carbohydrate 16g			
Protein 3g			
Vitamin A	15%		
Vitamin C	0%		
Calcium	10%		
Iron	15%		
Thiamin	15%		
Riboflavin	15%		
Niacin	15%		
Vitamin B ₆	15%		
Folic Acid	8%		
Vitamin B ₁₂	15%		
Phosphorus	15%		
		CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.	
		Exchange (per serving): 2 Carbohydrates The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.	

NLI#04834

Kellogg's® Eggo® Nutri-Grain® Waffles Cinnamon

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Serving Size			2 Waffles (70g)		
Amount Per Serving			Per Serving	Per Waffle	
Calories			170	90	
Calories from Fat			45	20	
% Daily Value*					
Total Fat 5g	8%	4%			
Saturated Fat 1.5g	8%	4%			
Trans Fat 0g					
Cholesterol 0mg	0%	0%			
Sodium 310mg	13%	6%			
Potassium 100mg	3%	1%			
Total Carbohydrate 31g	10%	5%			
Dietary Fiber 3g 10% 5%					
Sugars 10g					
Other Carbohydrate 18g					
Protein 4g					
Vitamin A	20%	10%			
Vitamin C	0%	0%			
Calcium	10%	4%			
Iron	20%	10%			
Thiamin	20%	10%			
Riboflavin	20%	10%			
Niacin	20%	10%			
Vitamin B ₆	20%	10%			
Folic Acid	8%	4%			
Vitamin B ₁₂	20%	10%			
Phosphorus	20%	10%			

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	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), SUGAR, WHOLE WHEAT FLOUR, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), WHEAT BRAN, EGG WHITES, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, CINNAMON, CALCIUM CARBONATE, MALT FLAVORING, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B₁), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), CALCIUM PANTOTHENATE, FOLIC ACID, VITAMIN B₁₂.

CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.

Exchange (per serving): 2 Carbohydrates, 1/2 Fat
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#04815

Kellogg's® Eggo® Nutri-Grain® Waffles Whole Wheat

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Serving Size 2 Waffles (70g)			Calories 2,000 2,500		
Amount Per Serving	Per Serving	Per Waffle			
Calories	170	80			
Calories from Fat	50	25			
% Daily Value*					
Total Fat 6g	9%	4%			
Saturated Fat 1.5g	8%	4%			
<i>Trans</i> Fat 0g					
Cholesterol 0mg	0%	0%			
Sodium 400mg	17%	8%			
Potassium 95mg	3%	1%			
Total Carbohydrate 26g	9%	4%			
Dietary Fiber 3g	10%	5%			
Sugars 3g					
Other Carbohydrate 20g					
Protein 4g					
Vitamin A	20%	10%			
Vitamin C	0%	0%			
Calcium	10%	4%			
Iron	20%	10%			
Thiamin	20%	10%			
Riboflavin	20%	10%			
Niacin	20%	10%			
Vitamin B ₆	20%	10%			
Folic Acid	8%	4%			
Vitamin B ₁₂	20%	10%			
Phosphorus	20%	10%			

<p>INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), WATER, WHOLE WHEAT FLOUR, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGG WHITES, WHEAT BRAN, SUGAR, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, CALCIUM CARBONATE, MALT FLAVORING, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B₁), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), CALCIUM PANTOTHENATE, FOLIC ACID, VITAMIN B₁₂.</p> <p style="text-align: center;">CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.</p>	<p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p> <p>Exchange (per serving): 1½ Carbohydrates, 1 Fat The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i>, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.</p>
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NLI#04809

Kellogg's® Eggo® Waffles Strawberry

Nutrition Facts			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Serving Size 2 Waffles (70g)			Calories 2,000 2,500		
Amount Per Serving	Per Serving	Per Waffle			
Calories	190	90			
Calories from Fat	50	25			
% Daily Value*					
Total Fat 6g	9%	4%			
Saturated Fat 1.5g	8%	4%			
<i>Trans</i> Fat 0g					
Cholesterol 15mg	5%	2%			
Sodium 370mg	15%	8%			
Potassium 50mg	1%	1%			
Total Carbohydrate 29g	10%	5%			
Dietary Fiber less than 1g	3%	2%			
Sugars 6g					
Other Carbohydrate 23g					
Protein 4g					
Vitamin A	20%	10%			
Vitamin C	0%	0%			
Calcium	10%	4%			
Iron	20%	10%			
Thiamin	20%	10%			
Riboflavin	20%	10%			
Niacin	20%	10%			
Vitamin B ₆	20%	10%			
Folic Acid	10%	6%			
Vitamin B ₁₂	20%	10%			
Phosphorus	20%	10%			
			Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
			INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WATER, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGGS, SUGAR, DEXTROSE, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, SALT, CALCIUM CARBONATE, DRIED STRAWBERRIES, APPLE FIBER, MALTODEXTRIN, CITRIC ACID, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, RED #40 LAKE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), BLUE #2 LAKE, VITAMIN B ₁₂ .		
			CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.		
			Exchange (per serving): 2 Carbohydrates, 1 Fat The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.		

NLI#04770

Kellogg's® Eggo® Waf-Fulls™ Strawberry

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size	1 Piece (58g)	Calories	2,000 2,500
Servings Per Container	6	Total Fat	Less than 65g 80g
Amount Per Serving		Sat. Fat	Less than 20g 25g
Calories	170	Cholesterol	Less than 300mg 300mg
	Calories from Fat 45	Sodium	Less than 2,400mg 2,400mg
% Daily Value*		Potassium	Less than 3,500mg 3,500mg
Total Fat 5g	8%	Total Carbohydrate	300g 375g
Saturated Fat 1.5g	8%	Dietary Fiber	25g 30g
Trans Fat 0g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Cholesterol 10mg	3%	INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), WHEY, STRAWBERRY FILLING (HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, WATER, FRUIT FLAKES [DRIED STRAWBERRIES, DRIED APPLES, DRIED PEARS, MODIFIED WHEAT STARCH, SOY LECITHIN], MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, CARAMEL COLOR, CITRIC ACID, MALIC ACID, CELLULOSE GUM, SALT, RED #40, BLUE #2), VEGETABLE OIL (SOYBEAN OIL, PALM OIL, AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGGS, WATER, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SUGAR, SALT, CALCIUM CARBONATE, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, YELLOW #5, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), YELLOW #6, VITAMIN B ₁₂ .	
Sodium 300mg	13%	Exchange (per serving): 1½ Carbohydrates, 1 Fat	
Potassium 60mg	2%	The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.	
Total Carbohydrate 27g	9%		
Dietary Fiber less than 1g	3%		
Sugars 10g			
Other Carbohydrate 16g			
Protein 3g			
Vitamin A	20%		
Vitamin C	0%		
Calcium	10%		
Iron	20%		
Thiamin	20%		
Riboflavin	20%		
Niacin	20%		
Vitamin B ₆	20%		
Folic Acid	8%		
Vitamin B ₁₂	20%		
Phosphorus	15%		
CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.			

NLI#03761