



CEREAL, WHOLE WHEAT SQUARES, READY-TO-EAT

Date: October 2016 Codes: 110374

PRODUCT DESCRIPTION

- Whole Wheat Squares is a ready-to-eat cereal with added vitamins and minerals but no added sweeteners. This is a whole grain product and is a good source of fiber.

PACK/YIELD

- 110374: 10/16.4 oz. package

STORAGE

- Store unopened boxes of wheat squares in a cool, clean, dry location.
- Look at the date indicated on the box.
- After opening, keep interior bag tightly closed to ensure freshness.

USES AND TIPS

- Top wheat squares with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Eat dry wheat squares as a healthy afternoon snack.
- Wheat squares can be used in a variety of recipes calling for dry, ready-to-eat cereal.

NUTRITION INFORMATION

- 1 cup of wheat squares counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- 1 cup of wheat squares provides 90% of the daily recommended amount of iron.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/
- <https://www.whatscooking.fns.usda.gov/>

NUTRITION FACTS

Serving size 1 cup wheat squares cereal

Amount Per Serving

Calories	200	Calories from Fat	10
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		% Daily Value*	
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Total Fat 1g			2%
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Saturated Fat 0g			0%
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<i>Trans</i> Fat 0g			
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Cholesterol 0mg			0%
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Sodium 10mg			0%
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Total Carbohydrate 44g			15%
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Dietary Fiber 7g			28%
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Sugars 0g			
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Protein 6g			
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Vitamin A	0%	Vitamin C	0%
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Calcium	2%	Iron	90%
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*Percent Daily Values are based on a 2,000 calorie diet.

FRUIT YOGURT PARFAIT

MAKES ABOUT 2 SERVINGS

Ingredients

- ¼ cup wheat squares cereal
- ½ cup grapes
- ½ cup banana
- ½ cup yogurt, plain

Directions

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonsful of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top.

Nutrition Information for 1 serving is 1 parfait							
Calories	330	Cholesterol	5mg	Sugar	30g	Vitamin C	15%
Calories from Fat	50	Sodium	75mg	Protein	11g	Calcium	20%
Total Fat	6g	Total Carbohydrate	68 g	Vitamin A	2%	Iron	8%
Saturated Fat	1.0g	Dietary Fiber	7 g				

Recipe adapted from SNAP-ED recipe finder