

TO CLOSE, INSERT TAB HERE

Post grape-nuts

†% Daily Value for Sugars has not been established.



Serving Suggestion

Power the Athlete in You!

Grape-Nuts nuggets is a tasty way to power up for the challenges ahead! Grape-Nuts is packed with **nutritional tools** including **whole grains** which are loaded with carbohydrates – the body's main energy source. Each serving of Grape-Nuts nuggets is an excellent source of **natural fiber** and supplies **52g of whole grains**.*

Grape-Nuts nuggets provides **12 essential vitamins and minerals**, including **B vitamins** that help the body release energy from food. It's also rich in **iron** and **folic acid** and is **low in fat and free of cholesterol**. Good nutrition fuels performance!

*Nutritionists recommend at least 3 servings of whole grain foods each day (about 16g per serving or 48g per day).



USA CYCLING TRAINING TIPS



OFFICIAL SPONSOR

Selecting the Right Bike: What kind of riding are you interested in? Are you looking to get in shape or are you looking for a commuter? Will you ride primarily on road or off-road? Choosing the right bike can make all the difference in the world. Spend time at your local bike shop, and test ride as many bikes as you want. The best way to know for sure if you like a particular style of bike is to ride it. Find a USA Cycling Preferred Dealer at usacycling.org/clubs/findprefdealer.php.

Critical First Ride: You have bought your first bike in years, you have a bike fit and you are ready for the maiden voyage. Go with a friend, or seek out a local licensed USA Cycling coach at usacycling.org/coaches. They can help you learn the rules of the road, and teach safety and technique, making your cycling experience more enjoyable.

Find a Club or Group Ride: Now that you have been riding/training and you are interested in gaining a little more fitness, it's time to find a local club. Group and club rides are a great way to improve your fitness and bike handling skills. To find a local club in your area visit usacycling.org/clubs.

Pre-ride Bike Check: Prior to heading out the door each day give your bike a quick check. Check to see that your tires have enough air, check that both the front and rear skewers are firmly closed. With a little common sense and intuition you can eliminate a lot of stress on the road.

Training Tip: Riding a bike is a great way to gain fitness and lose weight. Building cycling fitness and strength is a result of consistent training. Some people like to ride slow and increase the volume, others like to maintain the same length ride but increase the intensity. Regardless of your approach, the most important component to improving your fitness and losing weight is consistency. When you are ready for more specificity, seek out a local licensed USA Cycling coach at usacycling.org/coaches.

Dotsie Bausch



For ways to enjoy Grape-Nuts visit postcereals.com

THIS PACKAGE IS SOLD BY WEIGHT, NOT BY VOLUME.

BEST WHEN USED BY:

LIFT TAB TO OPEN

Amount and % Daily Value Per Serving
See side panel for Nutrition Facts Information

Calories	Saturated Fat	Sodium	Sugars	Fiber	Iron
200	0g 0%	290mg 12%	5g †	7g 28%	90%



Post grape-nuts
MADE WITH NATURAL INGREDIENTS AND FORTIFIED WITH VITAMINS AND MINERALS

GRAPE-NUTS Peanut Butter Bars

PREP TIME: 10 MIN • TOTAL TIME: 10 MIN

3/4 cup reduced fat peanut butter
1 cup light corn syrup
1 cup sugar
4 cups POST GRAPE-NUTS Cereal

MICROWAVE peanut butter, corn syrup, and sugar in large microwavable bowl on HIGH 2 min, or just until mixture comes to boil, stirring after each minute. Add cereal; mix well.
PRESS cereal mixture firmly onto bottom of 13x9-inch pan sprayed with cooking spray. Cool completely.

CUT cereal mixture into bars. Wrap individually with plastic wrap. Store in tightly covered container at room temperature.

MAKES 2-1/2 doz. or 30 servings, one bar each.



For recipe nutrition information visit postcereals.com.

ALSO TRY GREAT TASTING...



visit us at: postcereals.com
or call weekdays:
1-800-431-POST (7678)
please have package available
se habla español

Post grape-nuts

NATURAL WHOLE GRAIN WHEAT WITH BARLEY CEREAL

100% of your day's whole grains*

- ✓ **good for your heart**
Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.
- ✓ **high in fiber**
28% Daily Value

NET WT
24 OZ
(1 LB 8 OZ) 680g



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SERVING SUGGESTION

GRAPE-NUTS

Nutrition Facts

Serving Size 1/2 cup (58g)
Servings Per Container about 12

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	200	240
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polysaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 290mg	12%	15%
Potassium 230mg	7%	12%
Total Carbohydrate 48g	16%	18%
Dietary Fiber 7g	28%	28%
Sugars 5g		
Other Carbohydrate 36g		

Protein 6g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	90%	90%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	50%	50%
Vitamin B12	25%	35%
Phosphorus	20%	30%
Magnesium	20%	25%
Zinc	8%	10%
Copper	10%	10%

*Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars), and 4g protein.
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less than 65g	80g
Saturated 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

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, MALTED BARLEY FLOUR, SALT, DRIED YEAST.
VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (B VITAMIN), ZINC OXIDE (SOURCE OF ZINC), VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID (B VITAMIN), VITAMIN B12, VITAMIN D.
CONTAINS: WHEAT.

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EXCHANGE: 2-1/2 Starch. Exchange calculations based on Choose Your Foods: Exchange Lists for Diabetes. © 2008 by the American Diabetes Association and the American Dietetic Association.



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