

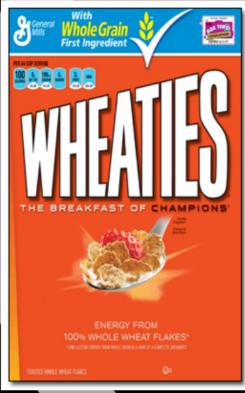


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### Building an Icon: The Orange Box

Over the last 90 years Wheaties cereal breakfast has become a true American icon. "Breakfast of Champions" has become synonymous with celebrity athletes, sports greatness & succes.

### **Nutrition**



00 5 0ail) %	14 y Value 19 09
Daily %	19
%	19
_	
%	09
_	
%	19
%	115
%	8
%	10
%	12
	% %

Vitamin A.			10%	15
Vitamin C			10%	10
Calcium			2%	15
Iron			45%	45
Vitamin D			10%	25
Thiamin			50%	50
Riboflavin			50%	60
Niacin			50%	50
Vitamin B <sub>a</sub>			50%	50
Folic Acid			50%	50
Vitamin B <sub>10</sub>			50%	60
Phosphorus			8%	20
Magnesium			6%	10
Zinc			50%	50
* Amount in ceres provides 0.5g to sodium, 290mg sugarsi, and fig ** Percent Daily Vi Your daily value	tal fat, less t potassium, i protein, slues are bas s may be hig	han 5mg cho 19g total carl ed on a 2:00	slesterol, 2 bohydrate 10 calorie d	50mg (10g (et.
your calorie nee	Colories	2,000	2.50	5

Ingredients: Whole Grain Wheat, Sugar, Salt, Corn Syrup, Trisodium Phosphate. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium
Carbonate, Zinc and Iron (mineral
nutrients), A B Vitamin (niacinamide),
Vitamin C (sodium ascorbate), Vitamin B<sub>2</sub>
(pyridoxine hydrochloride). Vitamin B<sub>2</sub>
(riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate),
Vitamin A (palmitate), A B Vitamin (folic
acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.

### CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

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### Exchange 1% Starch

Extrange calculations based on Choose Four Foods: Exchange Liefs for Diabetes GCOOI the American Dietetra Association, the American Diabetes Association. This package is sold by weight, not by volume. You can be assumed of proper weight even though some settling of contents normally occurs during shipment and handling. F 3216960594 SSG 3201194594



### **Humble Beginings**

Wheaties cereal was created by mistake in 1921 in Minneapolis

It was owned by Washburn's Crosby Company later known as General Mills

Originally it was called "Washburn's Gold Medal Whole Wheat Flakes"

1923 changed name to "Wheaties"



### **Rooted in Baseball**

In 1930's Wheaties partnership with professional baseball began

Baseball was the most popular sport at the time

46 of th 51 players selected for 1939 All-Star game endorsed Wheaties



## The First **Endorsement**

The first "athlete" on the box was not an actual player

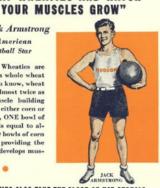
Jack Armstrong was a fictional character known as the "All **American Boy"** 

Jack's fictional Adventures in basketball became nationally well known in the 1930's

### Says Jack Armstrong

All-American Basketball Star

made from whole wheat and, as you know, wheat contains almost twice as much muscle building protein as either corn or rice. Thus, ONE bowl of Wheaties is equal to almost TWO bowls of corn or rice in providing the food that develops mus-

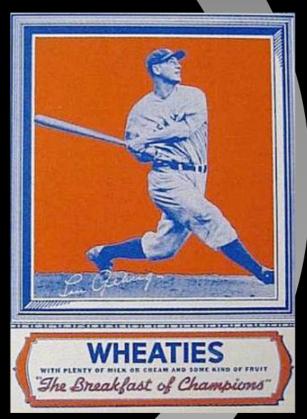


# First Athlete on the Box

Lou Gehrig was 1st Athlete on the box in 1934

Played 17 seasons for NY Yankees

This was the year he won the Triple Crown



# First of Many

