

CoCo Wheats

Nutrition Facts

Serving Size: 3 Tbsp Dry (31g)

Servings Per Package: TBD

Amount Per Serving	3 Tbsp Dry Cereal	With 1/2 Cup Skim Milk	
Calories	120	160	
Calories from Fat	5	5	
% Daily Value*			
Total Fat 0g	0%	1%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	1%	
Sodium 0mg	0%	3%	
Potassium 55mg	2%	7%	
Total Carbohydrate 24g	8%	10%	
Dietary Fiber 1g	4%	4%	
Sugars 0g			
Other Carbohydrate 23g			
Protein 3g			
Vitamin A	0%	6%	
Vitamin C	0%	2%	
Calcium	10%	25%	
Iron	60%	60%	
Thiamin	25%	30%	
Riboflavin	15%	25%	
Niacin	25%	25%	
Vitamin B6	20%	20%	
Folate (Folic Acid)	100%	100%	
Phosphorus	6%	20%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Product formulations may change. For current nutrition facts and ingredient line information check product packaging.

Ingredients: Wheat Farina, Cocoa, Natural and Artificial Flavor.

Vitamins & Minerals: **Vitamin B1** (thiamin mononitrate), **Vitamin B2** (riboflavin), **Niacin** (niacinamide), **Vitamin B6** (pyridoxine hydrochloride), **Folate** (folic acid), **Ferric Orthophosphate** (iron), **Calcium Carbonate**.

Contains Wheat Ingredients.