

Good Morenings

Nutrition Facts

Serving Size 1 cup (30g)
 Servings Per Container (11 oz) about 10, (16.5 oz) about 16, (21 oz) about 20

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	120	160
Calories from Fat	15	15
% Daily Value*		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	0%
Sodium 180mg	8%	10%
Potassium 65mg	2%	8%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 10g		
Other Carbohydrate 14g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	15%	15%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	15%	20%

*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:

	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

Ingredients

Wheat Flour, Sugar, Corn Flour, Whole Grain Oat Flour, Partially Hydrogenated Soybean Oil, Salt, Caramel Color, Natural And Artificial Flavor. Bht Added To Packaging Material To Preserve Product Freshness.

Vitamins and Minerals

Niacinamide (B Vitamin), Reduced Iron, Zinc Oxide (Source Of Zinc), Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Folic Acid, Vitamin B12, Vitamin D.

CONTAINS: WHEAT.



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