

## Nutrition Facts

Serving Size 3/4 cup (27g)

Servings Per Container (10.5 oz) about 11, (22.5 oz) about 24, (6.3 oz) about 7

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
<b>Calories</b>	110	150
Calories from Fat	20	20
	% Daily Value**	
<b>Total Fat</b> 2g*	<b>3%</b>	<b>3%</b>
Saturated Fat 1.5g	<b>7%</b>	<b>8%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 170mg	<b>7%</b>	<b>9%</b>
<b>Potassium</b> 45mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>	<b>10%</b>
Dietary Fiber 1g	<b>2%</b>	<b>2%</b>
Sugars 12g		
Other Carbohydrate 10g		
<b>Protein</b> 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	30%	30%
Thiamin	30%	35%
Riboflavin	30%	45%
Niacin	30%	30%
Vitamin B6	30%	35%
Folic Acid	100%	100%
Zinc	30%	35%

\*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

Corn flour, sugar, brown sugar, rice flour, coconut oil, oat flour, salt, rolled oats, wheat flour, high fructose corn syrup, graham flour, honey, artificial flavor, vegetable oil (soybean, palm, palm kernel oil with TBHQ for freshness), sodium ascorbate, baking soda, niacinamide\*, reduced iron, zinc oxide, barley malt, soy lecithin, vitamin A palmitate, thiamin mononitrate\*, BHT (a preservative), pyridoxine hydrochloride\*, riboflavin\*, folic acid\*, niacin\*.

**CONTAINS WHEAT AND SOY INGREDIENTS.**



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