

## Nutrition Facts

Serving Size 3/4 cup (27g)  
 Servings Per Container (7.5 oz) about 8, (14.75 oz) about 15, (23 oz) about 24, (25 oz) about 26, (30 oz) about 31, (39.5 oz) about 41

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
<b>Calories</b>	100	140
Calories from Fat	0	0
% Daily Value**		
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>	<b>4%</b>
<b>Potassium</b> 50mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 14g		
Other Carbohydrate 9g		
<b>Protein</b> 1g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	10%	10%
Vitamin D	20%	35%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	10%	15%
Copper	4%	4%

\*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

GC 31 RTE

## INGREDIENTS

SUGAR, WHEAT, CORN SYRUP,  
 HONEY, CARAMEL COLOR, SALT.

## VITAMINS AND MINERALS

NIACINAMIDE (B VITAMIN),  
 REDUCED IRON, ZINC OXIDE  
 (SOURCE OF ZINC), VITAMIN B6,  
 VITAMIN A PALMITATE, RIBOFLA-  
 VIN (VITAMIN B2), THIAMIN  
 MONONITRATE (VITAMIN B1),  
 FOLIC ACID (B VITAMIN), VITAMIN  
 B12, VITAMIN D.

**CONTAINS: WHEAT.**



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