Malt-O-Meal®

Raisin Bran Clusters

Nutrition Facts

Serving Size: 1 Cup (53g)
Servings Per Package: TBD

Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
Calories	190	230
Calories from Fat	10	10
		% Daily Value**
Total Fat 1g*	**2%**	**2%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**2%**
Sodium 200mg	**8%**	**10%**
Potassium 170mg	**5%**	**11%**
Total Carbohydrate 44g	**15%**	**17%**
Dietary Fiber 4g	**16%**	**16%**
Sugars 19g		
Protein 4g		
Vitamin A	10%	15%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	40%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate (Folic Acid)	25%	25%
Vitamin B12	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	10%	15%

* Amount in cereal. One-half cup skim milk contributes an additional 65mg sodium, 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: Whole Grain Wheat, Sugar, Raisins, Rice, Wheat Bran, Whole Grain Oats, Brown Sugar Syrup, Molasses, Glycerin, Corn Syrup, Salt, Malt Extract, Whole Grain Oat Flour, Maltodextrin, Cinnamon, Canola Oil, Natural Flavor, Caramel Color, Malt Flavor. Mixed Tocopherols and BHT added for freshness.

Vitamins & Minerals: Vitamin B1 (thiamin mononitrate and thiamin hydrochloride), **Vitamin B2** (riboflavin), **Niacin** (niacinamide), **Vitamin B6** (pyridoxine hydrochloride), **Folic Acid, Vitamin B12, Vitamin A Palmitate, Vitamin D, Calcium Pantothenate, Reduced Iron, Zinc** (zinc oxide).

Contains wheat ingredients. Grains used in this product may contain traces of soybeans.

RBG-1.0 RTE

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