

Weight Watchers

Oat Clusters with Almonds

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

Nutrition Facts			
Serving Size: 3/4 Cup (30g)			
Servings Per Package: TBD			
Amount Per Serving		Cereal	Cereal With 1/2 Cup Skim 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 0g			
Monounsaturated Fat 0.5g			
Cholesterol 0mg		0%	2%
Sodium 150mg		6%	8%
Potassium 65mg		2%	7%
Total Carbohydrate 25g		8%	10%
Dietary Fiber 2g		8%	8%
Sugars 6g			
Other Carbohydrate 15g			
Protein 2g			
Vitamin A		10%	15%
Vitamin C		10%	10%
Calcium		0%	15%
Iron		45%	45%
Vitamin D		10%	25%
Thiamin		25%	30%
Riboflavin		25%	40%
Niacin		25%	25%
Vitamin B6		25%	25%
Folate (Folic Acid)		50%	50%
Vitamin B12		25%	35%
Phosphorus		6%	20%
Magnesium		4%	6%
Zinc		25%	30%
Copper		2%	2%
* 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: Corn, Whole Grain Wheat, Sugar, Whole Grain Oats, Almonds, Oat Flour, Salt, Malt Extract, Rice, Corn Syrup, Maltodextrin, Canola Oil, Molasses, Cinnamon, Natural and Artificial Flavors, High Fructose Corn Syrup, Caramel Color, BHT and Mixed Tocopherols to preserve 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 C** (sodium ascorbate), **Vitamin D**, **Iron** (reduced iron and ferric orthophosphate), **Zinc** (zinc oxide).

Contains Wheat and Almond Ingredients. Grains used in this product may contain traces of soybeans.