

Oreo O's Cereal

ORO 1.0 RTE

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

Nutrition Facts		
Serving Size: 1 Cup (30g)		
Servings Per Package: TBD		
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		
Cholesterol 0mg	0%	1%
Sodium 150mg	6%	9%
Potassium 45mg	1%	7%
Total Carbohydrate 25g	8%	11%
Dietary Fiber <1g	3%	3%
Sugars 13g		
Protein 1g		
Vitamin A	0%	6%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	20%	20%
Vitamin D	0%	15%
Thiamin	40%	45%
Riboflavin	0%	15%
Niacin	6%	6%
Vitamin B6	6%	8%
Folic Acid	4%	6%
Pantothenic Acid	4%	10%
Zinc	6%	10%

* Amount in cereal. One-half cup fat free milk contributes an additional 40 calories, less than 5mg cholesterol, 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, Whole Grain Oat Flour, Cocoa (processed with alkali), Canola Oil, Corn Syrup, Unbleached Enriched Flour (wheat flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), Salt, Degermed Corn Meal, Natural and Artificial Flavor, Cornstarch, Palm Oil, Titanium Dioxide (color), Chocolate Liquor, High Fructose Corn Syrup, Leavening (baking soda and/or calcium phosphate), Soy Lecithin, BHT to Preserve Freshness.

Vitamins & Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide (source of zinc) Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (a B-Vitamin), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

Contains Soy and Wheat.