

Nutrition Facts

Serving Size 3/4 Cup (30g)

Servings Per Package About 13

Amount Per Serving	Cereal With 1/2 Cup Skim Milk	
	Cereal	Skim Milk
Calories	120	160
Calories from Fat	10	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 140mg	6%	8%
Potassium 65mg	2%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 3g	12%	12%
Sugars 6g		
Other Carbohydrate 16g		
Protein 2g		
Vitamin A	8%	15%
Vitamin C	10%	10%
Calcium	2%	20%
Iron	45%	45%
Vitamin D	6%	20%
Thiamin	25%	30%
Riboflavin	25%	40%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folate (Folic Acid)	50%	50%
Vitamin B ₁₂	25%	35%
Zinc	25%	30%

*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
Sat 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, CORN BRAN, WHEAT BRAN, OAT FLOUR, RICE, CORN STARCH, WHOLE WHEAT FLOUR, SALT, MALTODEXTRIN, MALT EXTRACT, CORN SYRUP, CANOLA OIL, MOLASSES, CARAMEL COLOR, ANNATTO EXTRACT (FOR COLOR), BAKING SODA, CELLULOSE GUM, CORN OIL, GUAR GUM, CINNAMON, NATURAL & ARTIFICIAL FLAVORS, CORN FLOUR, CALCIUM PANTOTHENATE, 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, REDUCED IRON, ZINC (ZINC OXIDE).

CONTAINS WHEAT AND ALMOND INGREDIENTS. GRAINS USED IN THIS PRODUCT MAY CONTAIN TRACES OF SOYBEANS.