

Kellogg's[®]

Crispix[®]

CEREAL

K

ORIGINAL



Crispy
RICE
on one side

Crunchy
CORN
on the other



ENLARGED TO
SHOW TEXTURE

SERVING
SUGGESTION



Kellogg's

Crispix

CEREAL



ORIGINAL

Nutrition Facts

Serving Size 1 Cup (29g)
Servings Per Container About 12

Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	110	150
Calories from Fat	0	0

	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Potassium 20mg	1%	6%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 0g	0%	0%
Sugars 4g		
Protein 2g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	35%	35%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B ₆	35%	35%
Folic Acid	70%	70%
Vitamin B ₁₂	30%	40%
Zinc	10%	10%

* Amount in cereal; 1/2 cup skim milk adds 42 calories, 2mg cholesterol, 51mg sodium, 191mg potassium, 6g total carbohydrate (6g sugars), 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: Rice, milled corn, sugar, contains 2% or less of salt, molasses, brown rice syrup, baking soda, turmeric extract color.

Vitamins and Minerals: Iron, niacinamide, vitamin C (ascorbic acid), zinc oxide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin A palmitate, vitamin B₁₂, vitamin D₃.

CORN USED IN THIS PRODUCT MAY CONTAIN TRACES OF SOYBEANS.

Distributed by Kellogg Sales Co.
Battle Creek, MI 49016 USA

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Questions or Comments?



VISIT kelloggs.com



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(SE HABLA ESPAÑOL)

PROVIDE PRODUCTION CODE ON PACKAGE.