

NO HIGH
FRUCTOSE
CORN SYRUP

16g
WHOLE GRAIN

PER SERVING



ENLARGED TO SHOW DETAIL
OF PRODUCT



FROM OUR FAMILY
TO YOURS™



honey nut toasted oats®

naturally flavored sweetened toasted oat
cereal with real honey & almond flavor

110	1.5g	140mg	9g
CALORIES	TOTAL FAT	SODIUM	SUGARS
PER SERVING			

ABOUT 12 SERVINGS

CONTAINS 10% OR MORE OF RECOMMENDED
DAILY VALUE OF 13 VITAMINS & MINERALS.

NET WT 12.25 OZ (347g)



FROM OUR FAMILY
TO YOURS™

Nutrition Facts

Serving Size 3/4 cup (28g)

Servings Per Container about 12

Amount Per Serving	Cereal	with 1/2 cup Skim Milk
Calories	110	150
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	9%
Potassium 125mg	4%	10%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	7%	7%
Sugars 9g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	20%	25%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	20%	30%
Thiamin	25%	30%
Riboflavin	25%	25%
Niacin	25%	35%
Vitamin B ₆	25%	25%
Folate	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	20%
Magnesium	6%	10%
Zinc	25%	30%

* Amount in cereal. One-half cup skim 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: WHOLE GRAIN OAT FLOUR (INCLUDES THE OAT BRAN), SUGAR, WHEAT STARCH, HONEY, MODIFIED CORN STARCH, OAT FIBER, BROWN SUGAR, SALT, CANOLA OIL, OAT EXTRACT, DICALCIUM PHOSPHATE, TRIPOTASSIUM PHOSPHATE, NATURAL ALMOND FLAVOR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, REDUCED IRON AND ZINC OXIDE, SODIUM ASCORBATE, NIACINAMIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN MONONITRATE, FOLIC ACID, CHOLECALCIFEROL, CYANOCOBALAMIN.

CONTAINS: WHEAT.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202