

Bursting with **REAL BERRIES**

*Kellogg's*<sup>®</sup>  
**Special**  
K



**110  
NOURISHING  
CALORIES**

WHOLE GRAIN  
FIBER  
VITAMIN D  
FOLIC ACID



# Red Berries

Crunchy Rice & Wheat Flakes  
with Real Strawberries



|                        |                               |                                 |                     |
|------------------------|-------------------------------|---------------------------------|---------------------|
| <b>110</b><br>CALORIES | <b>0g</b><br>SAT FAT<br>0% DV | <b>190mg</b><br>SODIUM<br>8% DV | <b>9g</b><br>SUGARS |
|------------------------|-------------------------------|---------------------------------|---------------------|

PER 1 CUP SERVING

**CEREAL**

NET WT 11.2 OZ (317g)

Kellogg's®  
Special



# Red Berries

## Nutrition Facts

Serving Size 1 Cup (31g)

Servings Per Container About 10

| Amount Per Serving            | Cereal                 | with 1/2 cup skim milk |
|-------------------------------|------------------------|------------------------|
| <b>Calories</b>               | 110                    | 150                    |
| Calories from Fat             | 0                      | 0                      |
|                               | <b>% Daily Value**</b> |                        |
| <b>Total Fat</b> 0g*          | <b>0%</b>              | <b>0%</b>              |
| Saturated Fat 0g              | <b>0%</b>              | <b>0%</b>              |
| Trans Fat 0g                  |                        |                        |
| Polyunsaturated Fat 0g        |                        |                        |
| Monounsaturated Fat 0g        |                        |                        |
| <b>Cholesterol</b> 0mg        | <b>0%</b>              | <b>1%</b>              |
| <b>Sodium</b> 190mg           | <b>8%</b>              | <b>10%</b>             |
| <b>Potassium</b> 70mg         | <b>2%</b>              | <b>7%</b>              |
| <b>Total Carbohydrate</b> 27g | <b>9%</b>              | <b>11%</b>             |
| Dietary Fiber 3g              | <b>10%</b>             | <b>10%</b>             |
| Sugars 9g                     |                        |                        |
| <b>Protein</b> 2g             |                        |                        |
| Vitamin A                     | 10%                    | 15%                    |
| Vitamin C                     | 35%                    | 35%                    |
| Calcium                       | 0%                     | 15%                    |
| Iron                          | 45%                    | 45%                    |
| Vitamin D                     | 10%                    | 25%                    |
| Thiamin                       | 35%                    | 35%                    |
| Riboflavin                    | 35%                    | 45%                    |
| Niacin                        | 35%                    | 35%                    |
| Vitamin B <sub>6</sub>        | 35%                    | 35%                    |
| Folic Acid                    | 35%                    | 35%                    |
| Vitamin B <sub>12</sub>       | 35%                    | 45%                    |

\* 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, whole grain wheat, sugar, wheat bran, freeze-dried strawberries, soluble wheat fiber, contains 2% or less of brown sugar syrup, salt, malt flavor.

**Vitamins and Minerals:** Vitamin C (ascorbic acid), reduced iron, niacinamide, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>1</sub> (thiamin hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin A palmitate, folic acid, vitamin B<sub>12</sub>, vitamin D<sub>3</sub>.