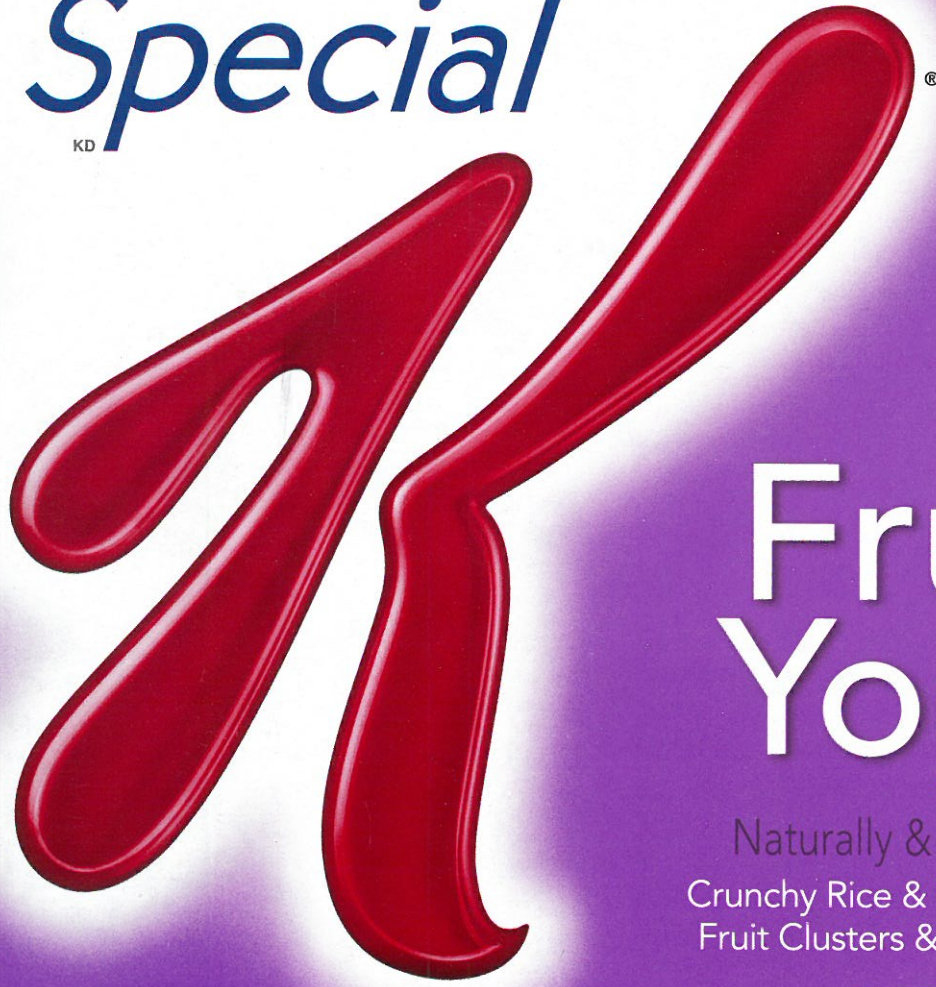


Kellogg's[®]

Special
KD

120
NOURISHING
CALORIES

WHOLE GRAIN
FIBER
VITAMIN D
FOLIC ACID



Fruit & Yogurt

Naturally & Artificially Flavored
Crunchy Rice & Wheat Flakes with Oat &
Fruit Clusters & Yogurt-Coated Clusters



120
CALORIES

0g
SAT FAT
0% DV

140mg
SODIUM
6% DV

10g
SUGARS

PER 3/4 CUP SERVING

NET WT 12.5 OZ (354g)



Fruit & Yogurt

Naturally & Artificially Flavored

Nutrition Facts

Serving Size $\frac{3}{4}$ Cup (32g)

Servings Per Container About 11

Amount Per Serving	Cereal	with $\frac{1}{2}$ cup skim milk
Calories	120	160
Calories from Fat	10	10

% Daily Value**

Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	8%
Potassium 70mg	2%	7%
Total Carbohydrate 27g	9%	11%
Dietary Fiber 3g	11%	11%
Sugars 10g		
Protein 2g		

Vitamin A	15%	20%
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 ₆	35%	35%
Folic Acid	35%	35%
Vitamin B ₁₂	35%	45%

* Amount in cereal; $\frac{1}{2}$ 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, whole grain oats, wheat bran, contains 2% or less of salt, corn syrup, palm kernel and canola oil, dried apples, brown sugar syrup, soluble wheat fiber, malt flavor, oat flour, rice flour, nonfat milk, nonfat yogurt powder (cultured nonfat milk; heat treated after culturing), molasses, natural and artificial flavor, soy lecithin, honey, lactic acid, spice, citric acid, malic acid, red 40, BHT for freshness, sodium sulfite to protect color, blue 1.

Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin),