



**✓NO** high fructose corn syrup

**✓NO** colors from artificial sources

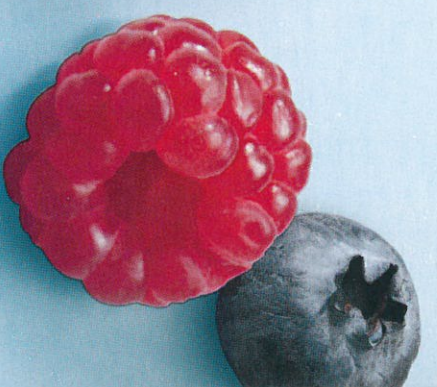
**✓NO** artificial flavors

# Tostitos™

## Whole Grain

**110** calories  
PER SERVING

**100%** WHOLE GRAIN  
FLAKES



Crunchy Whole Grain  
Wheat Flakes

Serving Suggestion

Enlarged to Show Detail

PER 3/4 CUP SERVING

**110**  
CALORIES

**0g**  
SAT FAT

**140mg**  
SODIUM

**5g**  
SUGARS

PER 3/4 CUP SERVING

# Nutrition Facts

Serving Size ¾ cup (30g)  
Servings Per Container 10

Amount Per Serving	Whole Grain Total	with ½ cup skim milk
<b>Calories</b>	110	150
Calories from Fat	5	10

	% Daily Value**		
<b>Total Fat</b> 0.5g*	<b>1%</b>	<b>1%</b>	
Saturated Fat 0g	<b>0%</b>	<b>0%</b>	
Trans Fat 0g			
Polyunsaturated Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>	
<b>Sodium</b> 140mg	<b>6%</b>	<b>9%</b>	
<b>Potassium</b> 100mg	<b>3%</b>	<b>9%</b>	
<b>Total</b>			
<b>Carbohydrate</b> 25g	<b>8%</b>	<b>10%</b>	
Dietary Fiber 3g	<b>12%</b>	<b>12%</b>	
Sugars 5g			
Other Carbohydrate 17g			
<b>Protein</b> 2g			

Vitamin A	10%	15%
Vitamin C	100%	100%
Calcium	2%	15%
Iron	100%	100%
Vitamin D	25%	40%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B <sub>6</sub>	100%	100%
Folic Acid	100%	100%
Vitamin B <sub>12</sub>	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	6%	20%
Magnesium	6%	10%
Zinc	100%	100%

\* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 200mg sodium, 300mg potassium, 31g total carbohydrate (10g sugars), and 7g 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: Whole Grain Wheat, Sugar, Corn Syrup, Salt. Vitamin E (mixed tocopherols) Added to Preserve Freshness.**

**Vitamins and Minerals: Vitamin C (sodium ascorbate), Zinc and Iron (mineral nutrients), Vitamin E Acetate, A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.**

**CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.**

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MINNEAPOLIS, MN 55440 USA

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Exchange: 1 1/2 Starch

Based on Academy of Nutrition and Dietetics and American Diabetes Association criteria

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

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