

GIANT SIZE!

Per 1 cup

150 CALORIES	0.5g SAT FAT 3% DV	270mg SODIUM 12% DV	16g TOTAL SUGARS
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CAP'N CRUNCH'S **CRUNCH** **BERRIES**

NATURALLY & ARTIFICIALLY FLAVORED
SWEETENED CORN & OAT CEREAL

**CRUNCH·AT·IZE
ME CAP'N!**

ENLARGED
TO SHOW
TEXTURE

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CAPN CRUNCHES
CRUNCH BERRIES
 NATURALLY & ARTIFICIALLY FLAVORED
 SWEETENED CORN & OAT CEREAL

Nutrition Facts

About 20 servings per container

Serving size 1 cup (37g)

	Cereal Alone	With 2/3 cup Vitamin A & D fortified skim milk
Calories	150	200
	% DV*	% DV*
Total Fat	2g 2%	2g 2%
Saturated Fat	0.5g 3%	1g 4%
Trans Fat	0g	0g
Polyunsat. Fat	0g	0g
Monounsat. Fat	0.5g	0.5g
Cholesterol	0mg 0%	<5mg 1%
Sodium	270mg 12%	340mg 15%
Total Carb	32g 12%	40g 15%
Dietary Fiber	<1g 3%	<1g 3%
Total Sugars	16g	25g
Incl. Added Sugars	16g 32%	16g 32%
Protein	2g	7g
Vitamin D	0mcg 0%	2mcg 8%
Calcium	0mg 0%	200mg 15%
Iron	7.5mg 40%	7.6mg 40%
Potassium	60mg 0%	310mg 6%
Thiamin	0.3mg 25%	0.4mg 30%
Riboflavin	0.3mg 25%	0.6mg 45%
Niacin	4.8mg 30%	4.8mg 30%
Vitamin B ₆	0.4mg 25%	0.5mg 30%
Folate DFE	200mcg 50%	200mcg 50%
Folic Acid	(133mcg)	(133mcg)

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Corn flour, sugar, oat flour, brown sugar, palm and/or coconut oil, salt, sodium citrate, natural and artificial flavor, malic acid, red 40, reduced iron, yellow 5, niacinamide*, blue 1, yellow 6, BHT (to preserve freshness), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*.

* One of the B vitamins