



## Nutrition Facts

About 13 servings per container

**Serving size 1 1/3 Cup (39g)**

**Ingredients:** Rice, milled corn, sugar, contains 2% or less of salt, molasses, brown rice syrup, baking soda, turmeric extract color.  
**Vitamins and Minerals:** Iron (ferric phosphate), niacinamide, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), folic acid, vitamin D<sub>3</sub>, vitamin B<sub>12</sub>.

	Cereal	with 3/4 cup skim milk
<b>Calories</b>	<b>150</b>	<b>210</b>
	% DV*	% DV*
<b>Total Fat</b>	0g	0g
	<b>0%</b>	<b>0%</b>
Saturated Fat	0g	0g
	<b>0%</b>	<b>0%</b>
Trans Fat	0g	0g
Polysaturated Fat	0g	0g
Monounsaturated Fat	0g	0g
<b>Cholesterol</b>	0mg	<5mg
	<b>0%</b>	<b>1%</b>
<b>Sodium</b>	260mg	330mg
	<b>11%</b>	<b>14%</b>
<b>Total Carbohydrate</b>	34g	43g
	<b>12%</b>	<b>16%</b>
Dietary Fiber	0g	0g
	<b>0%</b>	<b>0%</b>
Total Sugars	5g	14g
Incl. Added Sugars	5g	5g
	<b>10%</b>	<b>10%</b>
<b>Protein</b>	3g	9g
Vitamin D	3mcg	5.2mcg
	<b>15%</b>	<b>25%</b>
Calcium	0mg	220mg
	<b>0%</b>	<b>15%</b>
Iron	11mg	11mg
	<b>60%</b>	<b>60%</b>
Potassium	20mg	310mg
	<b>0%</b>	<b>6%</b>
Thiamin	30%	35%
	<b>30%</b>	<b>35%</b>
Riboflavin	30%	50%
	<b>30%</b>	<b>50%</b>
Niacin	30%	35%
	<b>30%</b>	<b>35%</b>
Vitamin B <sub>6</sub>	30%	30%
	<b>30%</b>	<b>30%</b>
Folate (folic acid)	50%	50%
	<b>50%</b>	<b>50%</b>
Vitamin B <sub>12</sub>	30%	60%
	<b>30%</b>	<b>60%</b>

\*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 as a benchmark.