



## Nutrition Facts

About 13 servings per container

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

**Calories** **150** **210**

Cereal

with 3/4 cup  
skim milk

**Total Fat** 0g **0%** 0g **0%**

Saturated Fat 0g **0%** 0g **0%**

Trans Fat 0g 0g 0g

Polysaturated Fat 0g 0g

Monounsaturated Fat 0g 0g

**Cholesterol** 0mg **0%** <5mg **1%**

**Sodium** 260mg **11%** 330mg **14%**

**Total Carbohydrate** 34g **12%** 43g **16%**

Dietary Fiber 0g **0%** 0g **0%**

Total Sugars 5g 14g

Incl. Added Sugars 5g **10%** 5g **10%**

**Protein** 3g 9g

Vitamin D 3mcg **15%** 5.2mcg **25%**

Calcium 0mg **0%** 220mg **15%**

Iron 11mg **60%** 11mg **60%**

Potassium 20mg **0%** 310mg **6%**

Thiamin 30% **35%**

Riboflavin 30% **50%**

Niacin 30% **35%**

Vitamin B<sub>6</sub> 30% **30%**

Folate 50% **50%**

(folic acid) (15mcg) (15mcg)

Vitamin B<sub>12</sub> 30% **60%**

**Ingredients:** Rice, milled corn, sugar, contains 2% or less of salt, molasses, brown rice syrup, baking soda, turmeric extract color.  
**Vitamins and Minerals:** Iron (ferrous 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>.

\* 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