

Simple Inside

- ✓ NO ARTIFICIAL COLORS OR FLAVORS
- ✓ GOOD SOURCE OF 8 ESSENTIAL VITAMINS & MINERALS

Kellogg's



RICE KRISPIES

TOASTED RICE CEREAL
CEREAL DE ARROZ TOSTADO



ENLARGED TO SHOW TEXTURE
Agrandado para mostrar la textura



NET WT/PESO NETO 12 OZ (340g) ©

150 CALORIES	0g SAT FAT 0% DV	200mg SODIUM 4% DV
PER 1 1/2 CUP SERVING		

Ingredients: Rice, sugar, contains 2% or less of salt, malt flavor.

Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin D₃, vitamin B₁₂.

Ingredientes: Arroz, azúcar, contiene 2% o menos de sal, sabor malta.

Vitaminas y Minerales: Hierro (fosfato férrico), niacinamida, vitamina B₆ (clorhidrato de piridoxina), vitamina B₂ (riboflavina), vitamina B₁ (clorhidrato de tiamina), ácido fólico, vitamina D₃, vitamina B₁₂.

Nutrition Facts/Datos de Nutrición

About 8 servings per container/aprox. 8 raciones por envase

Serving size/Tamaño por ración 1 1/2 Cup/1 Taza y 1/2 (40g)

Amount per serving/Cantidad por ración	Cereal/ CEREAL		with 3/4 cup skin milk/can 3/4 taza de leche descremada	
		% DV* / % VD*		% DV* / % VD*
Calories/Calorías	150		220	
Total Fat/Grasa Total	0g	0%	0g	0%
Saturated Fat/Grasa Saturada	0g	0%	0g	0%
Trans Fat/Grasa Trans	0g		0g	
Polyunsaturated Fat/Grasa Poliinsaturada	0g		0g	
Monounsaturated Fat/Grasa Monoinsaturada	0g		0g	
Cholesterol/Colesterol	0mg	0%	<5mg	1%
Sodium/Sodio	200mg	9%	280mg	12%
Total Carbohydrate/Carbohidrato Total	36g	13%	45g	16%
Dietary Fiber/Fibra Dietética	0g	0%	0g	0%
Total Sugars/Azúcares Totales	4g		14g	
Incl. Added Sugars/Incl. azúcares añadidos	4g	8%	4g	8%
Protein/Proteínas	3g		9g	
Vitamin D/Vitamina D	3mcg	15%	5.2mcg	25%
Calcium/Calcio	0mg	0%	220mg	15%
Iron/Hierro	11.2mg	60%	11.2mg	60%
Potassium/Potasio	30mg	0%	320mg	6%
Thiamin/Tiamina		30%		35%
Riboflavin/Riboflavina		30%		50%
Niacin/Niacina		30%		35%
Vitamin B ₆ /Vitamina B ₆		30%		30%
Folate/Folato (folic acid/ácido fólico)		50%		50%
	(115mcg)		(115mcg)	
Vitamin B ₁₂ /Vitamina B ₁₂		30%		60%

* 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. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para