



## Nutrition Facts/Datos de Nutrición

About 17 servings per container/aprox. 17 raciones por envase

Serving size/Tamaño por ración **1 Cup/1 Taza (39g)**

Amount per serving/Cantidad por ración	Cereal/ CEREAL		with <sup>1</sup> / <sub>2</sub> cup milk with <sup>1</sup> / <sub>2</sub> taza de leche descremada	
	% DV**	% DV*	% DV**	% DV*
<b>Calories/Calorías</b>		<b>140</b>		<b>200</b>
<b>Total Fat/Grasa Total</b>	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	
<b>Cholesterol/Colesterol</b>	0mg	0%	<5mg	1%
<b>Sodium/Sodio</b>	200mg	9%	280mg	12%
<b>Total Carbohydrate/Carbohidrato Total</b>	34g	12%	44g	16%
Dietary Fiber/Fibra Dietética	<1g	3%	<1g	3%
Total Sugars/Azúcares Totales	14g		23g	
Incl. Added Sugars/Incl. azúcares añadidos	14g	28%	14g	28%
<b>Protein/Proteínas</b>	2g		8g	
Vitamin D/Vitamina D	2mcg	10%	4.2mcg	20%
Calcium/Calcio	0mg	0%	220mg	15%
Iron/Hierro	7.2mg	40%	7.2mg	40%
Potassium/Potasio	40mg	0%	320mg	6%
Thiamine/Tiamina	20%		25%	
Riboflavin/Riboflavina	20%		45%	
Niacin/Niacina	20%		25%	
Vitamin B6/Vitamina B6	20%		20%	
Folate/Folato	30%		30%	
(folic acid/ácido fólico)	(70mcg)		(70mcg)	
Vitamin B12/Vitamina B12	20%		50%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food

**Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.**

**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>.

**Ingredientes:** Maíz molido, azúcar, sabor malta, contiene 2% o menos de sal.

**Vitaminas y Minerales:** Hierro (fosfato férrico), niacinamida, vitamina B<sub>6</sub> (clorhidrato de piridoxina), vitamina B<sub>2</sub> (riboflavina), vitamina B<sub>1</sub> (clorhidrato de tiamina), ácido fólico, vitamina D<sub>3</sub>, vitamina B<sub>12</sub>.