



Great Value Crunchy Honey Oats

Heart  
Healthy\*\*

\*\*See below for information  
about saturated fat, cholesterol  
and heart disease.

Great  
Value™

# Crunchy Honey Oats

\*\*Heart Healthy - While many studies suggest  
that a diet low in saturated fat and  
cholesterol may reduce the risk of heart disease,  
strong evidence is  
emerging for these claims.

**NATURAL HONEY FLAVORED MULTIGRAIN  
CEREAL WITH GRANOLA**

**NET WT 18 OZ (1 LB 2 OZ) 510g** ®

# Nutrition Facts

about 13 servings per container

**Serving size 1 cup (39g)**

**Amount per serving**  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>

## Protein 3g

Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 5.4mg	30%
Potassium 80mg	2%
Thiamine	60%
Niacin	10%
Vitamin B <sub>6</sub>	10%
Folate 30mcg DFE (20mcg folic acid)	8%
Pantothenic Acid	10%
Zinc	15%

\* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, RICE, CANOLA OIL, CORN SYRUP, SALT, BARLEY MALT EXTRACT, CINNAMON, MOLASSES, HONEY, CARAMEL COLOR, NATURAL FLAVOR.

**VITAMINS AND MINERALS:** FERRIC ORTHOPHOSPHATE (SOURCE OF IRON), NIACINAMIDE (VITAMIN B<sub>3</sub>), ZINC OXIDE, THIAMINE MONONITRATE (VITAMIN B<sub>1</sub>), CALCIUM PANTOTHENATE (A B-VITAMIN), PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), FOLIC ACID.

**CONTAINS WHEAT.**