



# Nutrition Facts

About 13 servings per container

**Serving size 1 Cup (42g)**

**Ingredients:** Whole grain wheat, rice, sugar, whole grain oats, wheat bran, contains 2% or less of corn syrup, salt, palm kernel oil, dried apples, brown sugar syrup, rice flour, nonfat milk, natural flavors, nonfat yogurt powder (cultured nonfat milk; heat-treated after culturing), mixed tocopherols for freshness, wheat, citric acid, molasses, vegetable juice for color, modified corn starch, lactic acid, honey, soy lecithin, barley malt extract, malt flavor, spice, BHT for freshness.

**Vitamins and Minerals:** Reduced iron, vitamin C (ascorbic acid), niacinamide, vitamin E acetate, beta-carotene, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>1</sub> (thiamin hydrochloride), vitamin B<sub>2</sub> (riboflavin), folic acid, vitamin D<sub>3</sub>, vitamin B<sub>12</sub>.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

	Cereal		with <sup>3</sup> / <sub>4</sub> cup skim milk	
<b>Calories</b>	<b>160</b>		<b>220</b>	
	% DV*		% DV*	
<b>Total Fat</b>	1g	<b>1%</b>	1.5g	<b>2%</b>
Saturated Fat	0.5g	<b>3%</b>	0.5g	<b>3%</b>
Trans Fat	0g		0g	
Polyunsat. Fat	0g		0g	
Monounsat. Fat	0g		0g	
<b>Cholesterol</b>	0mg	<b>0%</b>	<5mg	<b>1%</b>
<b>Sodium</b>	190mg	<b>8%</b>	270mg	<b>12%</b>
<b>Total Carb.</b>	36g	<b>13%</b>	45g	<b>16%</b>
Dietary Fiber	3g	<b>12%</b>	3g	<b>12%</b>
Total Sugars	13g		23g	
Incl. Added Sugars	11g	<b>22%</b>	11g	<b>22%</b>
<b>Protein</b>	3g		9g	
Vitamin D	2.1mcg	10%	4.3mcg	20%
Calcium	10mg	0%	230mg	15%
Iron	11.3mg	60%	11.4mg	60%
Potassium	90mg	2%	380mg	8%
Vitamin A		10%		20%
Vitamin C		10%		10%
Vitamin E		10%		10%
Thiamin		20%		25%
Riboflavin		20%		45%
Niacin		20%		25%
Vitamin B <sub>6</sub>		20%		25%
Folate		50%		50%
(folic acid)	(125mcg)		(125mcg)	
Vitamin B <sub>12</sub>		20%		50%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000