



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 B₆ (pyridoxine hydrochloride), vitamin B₁ (thiamin hydrochloride), vitamin B₂ (riboflavin), folic acid, vitamin D₃, vitamin B₁₂.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Nutrition Facts

About 13 servings per container

Serving size 1 Cup (42g)

	Cereal		with 3/4 cup skim milk	
Calories	160	220		
	% DV*		% DV*	
Total Fat	1g	1%	1.5g	2%
Saturated Fat	0.5g	3%	0.5g	3%
Trans Fat	0g		0g	
Polyunsat. Fat	0g		0g	
Monounsat. Fat	0g		0g	
Cholesterol	0mg	0%	<5mg	1%
Sodium	190mg	8%	270mg	12%
Total Carb.	36g	13%	45g	16%
Dietary Fiber	3g	12%	3g	12%
Total Sugars	13g		23g	
Incl. Added Sugars	11g	22%	11g	22%
Protein	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 ₆		20%		25%
Folate (folic acid)		50%		50%
	(125mcg)		(125mcg)	
Vitamin B ₁₂		20%		50%

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