

Kellogg's®

SPECIAL



# Red Berries

*Crunchy Wheat & Rice Flakes  
with Real Strawberries*



PER 1 1/4 CUP SERVING

<b>140</b> CALORIES	<b>0g</b> SAT FAT 0% DV	<b>250mg</b> SODIUM 10% DV	<b>11g</b> TOTAL SUGARS
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CEREAL

© NET WT 11.7 OZ (331g)

**Ingredients:** Whole grain wheat, rice, sugar, freeze-dried strawberries, wheat bran, contains 2% or less of brown sugar syrup, salt, malt flavor.

**Vitamins and Minerals:** Vitamin C (ascorbic acid), reduced iron, vitamin E acetate, niacinamide, 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 INGREDIENTS.**

## Nutrition Facts

About 8 servings per container

Serving size **1 1/4 Cup (39g)**

	Cereal	with 3/4 cup skim milk
<b>Calories</b>	<b>140</b>	<b>200</b>
	% DV*	% DV*
<b>Total Fat</b>	0.5g <b>1%</b>	0.5g <b>1%</b>
Saturated Fat	0g <b>0%</b>	0g <b>0%</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>	250mg <b>11%</b>	320mg <b>14%</b>
<b>Total Carb.</b>	34g <b>12%</b>	43g <b>16%</b>
Dietary Fiber	3g <b>10%</b>	3g <b>10%</b>
Total Sugars	11g	21g
Incl. Added Sugars	10g <b>20%</b>	10g <b>20%</b>
<b>Protein</b>	3g	9g
Vitamin D	2mcg 10%	4.2mcg 20%
Calcium	10mg 0%	230mg 15%
Iron	10.8mg 60%	10.8mg 60%
Potassium	80mg 0%	360mg 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%	20%
Folate	50%	50%
(folic acid)	(115mcg)	(115mcg)
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