

Kellogg's

SPECIAL



Red Berries

*Crunchy Wheat & Rice Flakes
with Real Strawberries*



PER 1 1/4 CUP SERVING

140 CALORIES	0g SAT FAT 0% DV	250mg SODIUM 10% DV	11g 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 B₆ (pyridoxine hydrochloride), vitamin B₁ (thiamin hydrochloride), vitamin B₂ (riboflavin), folic acid, vitamin D₃, vitamin B₁₂.

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

About 8 servings per container

Serving size 1 1/4 Cup (39g)

	Cereal	with 3/4 cup skim milk
Calories	140	200
	% DV*	% DV*
Total Fat	0.5g 1%	0.5g 1%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Polyunsat. Fat	0g	0g
Monounsat. Fat	0g	0g
Cholesterol	0mg 0%	<5mg 1%
Sodium	250mg 11%	320mg 14%
Total Carb.	34g 12%	43g 16%
Dietary Fiber	3g 10%	3g 10%
Total Sugars	11g	21g
Incl. Added Sugars	10g 20%	10g 20%
Protein	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 ₆	20%	20%
Folate	50%	50%
(folic acid)	(115mcg)	(115mcg)
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