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Nutrition Facts

About 13 servings per container (age 4+ years)
About 25 servings per container (age 1-3 years)
Serving size **1½ cup (39g) (age 4+ years)**
¾ cup (20g) (age 1-3 years)

	Childhood cup (20g)	Age 1-3 years cup (20g)	Age 4-13 years cup (20g)
Calories	140	190	70
Total Fat 2.5g*	3%	4%	4%
Saturated Fat 0.5g	3%	4%	0%
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 1g			
Cholesterol 0mg	0%	2%	0%
Sodium 150mg	8%	11%	7%
Total Carbohydrate 28g	11%	13%	10%
Dietary Fiber 4g	14%	14%	14%
Soluble Fiber 1g			
Total Sugars 2g			
Incl. Added Sugars 2g	4%	4%	3%
Protein 5g			8%
Vitamin D 2mcg	10%	15%	6%
Calcium 130mg	10%	20%	8%
Iron 12.6mg	70%	70%	90%
Potassium 250mg	6%	6%	4%
Vitamin A	10%	20%	15%
Vitamin C	10%	10%	30%
Thiamin	20%	25%	20%
Niacin	10%	10%	10%
Vitamin B ₆	20%	20%	30%
Folate	20%	20%	25%
(45mcg folic acid)			
Vitamin B ₁₂	20%	30%	25%
Phosphorus	10%	20%	15%
Magnesium	15%	15%	35%
Zinc	20%	20%	35%

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Triphosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness, Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (zinc oxide), Vitamin C (ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₁₂ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

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