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Nutrition Facts/Datos de Nutrición

About 17 servings per container/cajón. 17 raciones por envase
Serving size/Tamaño por ración 1 Cup/1 Taza (39g)

Amount per serving/Cantidad por ración		Percent Daily Values CEREA / with 1% fat milk Nutrientes	
Calories/Calorías		140	200

Total Fat/Grasa Total	0g	0%	0g	0%
Saturated Fat/Grasa Saturada	0g	0%	0g	0%
Trans Fat/Grasa Trans	0g	0%	0g	0%
Polysaturated Fat/Grasa Polinsaturada	0g		0g	
Monosaturated Fat/Grasa Monosaturada	0g		0g	
Cholesterol/Quolesterol	0mg	0%	<0mg	1%
Sodium/Sodio	200mg	9%	280mg	12%
Total Carbohydrate/Carbohidrato Total	34g	12%	44g	16%
Dietary Fiber/Fibra Dietética	<1g	3%	<1g	3%
Total Sugars/Azúcares Totales	14g		23g	
Inc. Sugar/Sugars Added	14g	28%	14g	28%
Protein/Proteínas	2g		9g	
Vitamin D/Vitamina D	2mcg	10%	4.2mcg	20%
Calcium/Calcio	0mg	0%	220mg	15%
Iron/Hierro	7.2mg	40%	7.2mg	40%
Potassium/Potasio	40mg	0%	200mg	6%
Thiamin/Tiamina		20%		25%
Riboflavin/Riboflavin		20%		45%
Niacin/Niacina		20%		25%
Vitamin B6/Vitamina B6		20%		20%
Folate/Folato		30%		30%
(Inc. acid/ácido 500g)	(70mg)		(70mg)	
Vitamin B12/Vitamina B12		20%		50%

* The % Daily Values (DV) table on this menu's nutrition is a guideline of food.

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.

Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Ingredients: Maíz molido, azúcar, sabor malta, contiene 2% o menos de sal.

Vitaminas y Minerales: Hierro (fosfato férrico), niacinamida, vitamina B6 (clorhidrato de piridoxina), vitamina B2 (riboflavina), vitamina B1 (clorhidrato de tiamina), ácido fólico, vitamina D3, vitamina B12.

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