

**GIANT SIZE!**

Per 1 cup  
**150** CALORIES  
0.5g SAT FAT  
270mg SODIUM  
16g SUGARS

CAP'N CRUNCH'S  
**CRUNCH BERRIES**

NATURALLY & ARTIFICIALLY FLAVORED  
SWEETENED CORN & OAT CEREAL

**CRUNCH-ATIZE  
THE CAP'N!**



**CASH CRUNCHES**  
**CRUNCHES**  
**BERRIES**  
 NATURALLY & ARTIFICIALLY FLAVORED  
 SWEETENED CORN & OAT CEREAL

**Nutrition Facts**

About 20 servings per container  
**Serving size 1 cup (37g)**

	Cereal Alone	With 2/3 cup Vitamin A & D fortified skim milk
<b>Calories</b>	<b>150</b>	<b>200</b>
	% DV*	% DV*

**Total Fat** 2g **2%** 2g **2%**

**Saturated Fat** 0.5g **3%** 1g **4%**

**Trans Fat** 0g

**Polysat. Fat** 0g

**Monounsat. Fat** 0.5g

**Cholesterol** 0mg **0%** <5mg **1%**

**Sodium** 270mg **12%** 340mg **15%**

**Total Carb** 32g **12%** 40g **15%**

**Dietary Fiber** <1g **3%** <1g **3%**

**Total Sugars** 16g 25g

**Inc. Added Sugars** 16g **32%** 16g **32%**

**Protein** 2g 7g

**Vitamin D** 0mcg 0% 2mcg 8%

**Calcium** 0mg 0% 200mg 15%

**Iron** 7.5mg 40% 7.6mg 40%

**Potassium** 60mg 0% 310mg 6%

**Thiamin** 0.3mg 25% 0.4mg 30%

**Riboflavin** 0.3mg 25% 0.6mg 45%

**Niacin** 4.8mg 30% 4.8mg 30%

**Vitamin B6** 0.4mg 25% 0.5mg 30%

**Folate DFE** 200mcg 50% 200mcg 50%

**Folic Acid** (133mcg) (133mcg)

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Corn flour, sugar, oat flour, brown sugar, palm and/or coconut oil, salt, sodium citrate, natural and artificial flavor, malic acid, red 40, reduced iron, yellow 5, niacinamide, blue 1, yellow 6, BHT (to preserve freshness), thiamine mononitrate, pyridoxine hydrochloride, riboflavin, folic acid.  
 \* One of the B vitamins