
Cheerios
General Mills
FAMILY SIZE
Gluten Free
Cheerios
CAN HELP
LOWER CHOLESTEROL
AS PART OF A HEART HEALTHY DIET
18 OZ
100% WHOLE GRAIN OATS

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)

	Cheerios	with ½ cup skim milk	Age 1-3 years
Calories	**140**	**190**	**70**
	% DV**	**% DV****	**% DV*****
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 190mg	**8%**	**11%**	**7%**
Total Carbohydrate 29g	**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%	8%	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 (45mcg folic acid)	20%	20%	25%
Vitamin B_{12}	20%	30%	25%
Phosphorus	10%	20%	15%
Magnesium	15%	15%	35%
Zinc	20%	20%	35%

* Amount in cereal. A serving of cereal plus skim milk provides 3g Total Fat (1g Saturated Fat), less than 5mg Cholesterol, 250mg Sodium, 35g Total Carbohydrate (8g Total Sugars), 9g Protein, 3mcg Vitamin D, 260mg Calcium, 12.6mg Iron, and 450mg Potassium.

* Amount in serving size for age 4+ years. A serving of Cheerios for children 1-3 years of age provides 1.5g Total Fat (0g Saturated Fat, 0.5mg Poly Fat, 0.5mg Mono Fat), 100mg Sodium, 15g Total Carbohydrate (2g Dietary Fiber, <1g Soluble Fiber, 1g Total Sugars, 1g Added Sugars), 2g Protein, 0.9mcg Vitamin D, 60mg Calcium, 6.3mg Iron, and 130mg Potassium.

** The % Daily Value (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.

*** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice for children 1-3 years.

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) **Added to Preserve Freshness.**

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin A** (palmitate), **Vitamin B_1** (thiamin mononitrate), **A B Vitamin** (folic acid), **Vitamin B_{12}, Vitamin D_3.**

CAPN CRUNCH'S
CRUNCH 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	
Calories	**150**		**200**	
		% DV*		**% DV***
Total Fat	2g	**2%**	2g	**2%**
Saturated Fat	0.5g	**3%**	1g	**4%**
Trans Fat	0g		0g	
Polyunsat. Fat	0g		0g	
Monounsat. Fat	0.5g		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	
Incl. 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 B_6	0.4mg	**25%**	0.5mg	**30%**
Folate DFE Folic Acid	200mcg (133mcg)	**50%**	200mcg (133mcg)	**50%**

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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