



PER 1 SLICE

60	0g	140mg	2
SALMONS	SAT FAT	SODIUM	TOTAL
PER 100g	PER 100g	PER 100g	PER 100g
			STARCHES

100% Whole Wheat
Our Promise: Never any artificial preservatives, colors or flavors and NO high fructose corn syrup.

13g
Whole Grain
per slice
Heart Healthy



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)
% cup (20g) (age 1-3 years)

	Children with 1½ cup skim milk	Age 1-3 years
Calories	140	190
	% DV***	% DV***
Total Fat 2.5g*	3%	4%
Saturated Fat 0.5g	3%	0%
Trans Fat 0g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	0%
Sodium 15mg	8%	7%
Total Carbohydrate 29g	14%	10%
Dietary Fiber 4g	14%	14%
Soluble Fiber 1g		
Total Sugars 2g	4%	3%
Incl. Added Sugars 2g	4%	8%
Protein 5g	10%	8%
Vitamin D 2mg	10%	15%
Calcium 130mg	10%	20%
Iron 12.6mg	70%	70%
Potassium 250mg	6%	8%
Vitamin A	10%	20%
Vitamin C	10%	10%
Thiamin	20%	25%
Niacin	10%	10%
Vitamin B ₁	20%	30%
Folate (45mg folic acid)	20%	25%
Vitamin B ₆	20%	30%
Phosphorus	10%	20%
Magnesium	15%	35%
Zinc	20%	35%

* Amount in cereal, a serving of cereal plus skim milk provides 3g Total Fat, 1g Saturated Fat, less than 5mg Cholesterol, 25mg Sodium, 35g Total Carbohydrate, 6g Total Sugars, 0g Protein, 3mg Vitamin D, 26mg Calcium, 12.6mg Iron, and 250mg Potassium.
 ** Amount in cereal only, 1 cup (29g) plus a serving of skim milk provides 1.3g Total Fat, 0.3g Saturated Fat, less than 1.5mg Cholesterol, 15mg Sodium, 0.5mg Mono Sat., 15mg Sodium, 15g Total Carbohydrates, 30 Dietary Fiber, <1g Soluble Fiber, 1g Total Sugars, 1g Added Sugars, 20 Protein, 6mgg Vitamin D, 60mg Calcium, 8mg Iron, and 150mg 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 B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₂.



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	2g
Saturated Fat	0.5g	1g
Trans Fat	0g	0g
Polysat. Fat	0g	0g
Monounsat. Fat	0.5g	0.5g
Cholesterol	0mg	<5mg
Sodium	270mg	12%
Total Carb	32g	12%
Dietary Fiber	<1g	3%
Total Sugars	16g	32%
Incl. Added Sugars	16g	32%
Protein	2g	7g
Vitamin D	0mg	0%
Calcium	0mg	0%
Iron	7.5mg	40%
Potassium	60mg	0%
Thiamin	0.3mg	25%
Riboflavin	0.3mg	25%
Niacin	4.8mg	30%
Vitamin B ₆	0.4mg	25%
Folate DFE	200mcg	50%
Folic Acid	133mcg	133mcg

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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



Nutrition Facts/Datos de Nutrición

About 8 servings per container/aprox. 8 raciones por envase
 Serving size/Tamaño por ración 25 Biscuits/25 Galletas (60g)

Amount per serving/Cantidad por ración	Cereal/ Cereal	with 3/4 cup skim milk/con 3/4 taza de leche descremada
	210	270
Calories/Calorías	% DV* / % VD*	% DV* / % VD*
Total Fat/Grasa Total	1.5g 2%	1.5g 2%
Saturated Fat/Grasa Saturada	0g 0%	0g 0%
Trans Fat/Grasa Trans	0g	0g
Polyunsaturated Fat/Grasa Poliinsaturada	1g	1g
Monounsaturated Fat/Grasa Monoinsaturada	0g	0g
Cholesterol/Colesterol	0mg 0%	<5mg 1%
Sodium/Sodio	10mg 0%	85mg 4%
Total Carbohydrate/Carbohidrato Total	51g 19%	60g 22%
Dietary Fiber/Fibra Dietética	6g 21%	6g 21%
Soluble Fiber/Fibra Soluble	<1g	<1g
Insoluble Fiber/Fibra Insoluble	5g	5g
Total Sugars/Azúcares Totales	12g	22g
Incl. Added Sugars/Incl. azúcares añadidos	12g 24%	12g 24%
Protein/Proteínas	5g 4%	11g 16%
Vitamin D/Vitamina D	0mcg 0%	2.2mcg 10%
Calcium/Calcio	0mg 0%	230mg 15%
Iron/Hierro	18mg 100%	18mg 100%
Potassium/Potasio	160mg 2%	440mg 10%
Thiamin/Tiamina	10%	15%
Niacin/Niacina	10%	15%
Folate/Folato (folic acid/ácido fólico)	100% (235mcg)	100% (235mcg)
Phosphorus/Fósforo	10%	25%
Magnesium/Magnesio	10%	15%
Zinc/Zinc	10%	15%

*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. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

Ingredients: Whole grain wheat, sugar, contains 2% or less of brown rice syrup, gelatin, BHT for freshness.

Vitamins and Minerals: Reduced iron, folic acid. CONTAINS WHEAT INGREDIENTS.

Ingredientes: Trigo integral, azúcar, contiene 2% o menos de jarabe de arroz integral, gelatina, BHT para mantener la frescura.

Vitaminas y Minerales: Hierro reducido, ácido fólico. CONTIENE INGREDIENTES DE TRIGO.



Nutrition Facts

10 servings per container
Serving size 1 tortilla (45g)

Amount per serving
Calories 140

		% Daily Value*
Total Fat	3.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	510mg	22%
Total Carbohydrate	24g	9%
Dietary Fiber	3g	11%
Total Sugars	1g	
Includes 0g Added Sugars		0%

Protein 4g

Vitamin D 0mcg 0% • Calcium 100mg 8%
Iron 2mg 10% • Potassium 130mg 2%

* The % Daily Value 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.

For best results
before

Warming

CONVENTIONAL
Remove desired amount from package. Warm in medium-high heat until soft.

MICROWAVE
Remove desired amount from package. Place between paper towels. Microwave to 20 seconds.

CAUTION
Microwaving the tortilla may cause the packaging on any surface the bag

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Love It or You
www.kroger.com

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Using Your Kroger App

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HYDROGENATED COTTONSEED OIL), CONTAINS 2% OR LESS OF: LEAVENING (BAKING SODA, SODIUM ALUMINUM SULFATE, CORN STARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), SALT, MOLASSES, VITAL WHEAT GLUTEN, FUMARIC ACID, MONO- AND DIGLYCERIDES, FULLY HYDROGENATED COTTONSEED OIL, GUAR GUM, SODIUM METABISULFITE, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), ENZYMES. CONTAINS: WHEAT.

DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202
CONTAINS A BIOENGINEERED FOOD INGREDIENT
KEEP IN A COOL, DRY PLACE / LOT NUMBER AND BEST IF USED BY DATE: ON PACKAGE



FROSTED TOASTED
OAT CEREAL WITH
MARSHMALLOWS

Lucky Charms



ENLARGED TO
SHOW DETAIL

MARSHMALLOW
SHAPES AND
COLORS MAY VARY

PER 1 CUP SERVING

140 CALORIES	0g SAT FAT 0% DV	230mg SODIUM 10% DV	12g TOTAL SUGARS
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SEE NUTRITION FACTS FOR "AS PREPARED" INFORMATION

Gluten Free

NET WT 10.5 OZ (297g)

Lucky Charms

Nutrition Facts

About 8 servings per container
Serving size 1 cup (36g)

	Lucky Charms	with 1/2 cup skim milk
Calories	140	190
	% DV**	% DV**
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 230mg	10%	12%
Total Carbohydrate 30g	11%	13%
Dietary Fiber 2g	7%	8%
Total Sugars 12g		
Incl. Added Sugars 12g	24%	24%
Protein 3g		
Vitamin D 2mcg	10%	10%
Calcium 130mg	10%	20%
Iron 3.6mg	20%	20%
Potassium 0mg	0%	6%
Vitamin A	10%	15%
Vitamin C	10%	10%
Thiamin	20%	20%
Riboflavin	10%	10%
Niacin	10%	10%
Vitamin B ₆	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B ₁₂	20%	20%
Phosphorus	8%	15%
Magnesium	8%	10%
Zinc	20%	20%

* Amount in cereal. A serving of cereal plus skim milk provides 2g Total Fat, 5mg Cholesterol, 230mg Sodium, 36g Total Carbohydrate (18g Total Sugars), 7g Protein, 280mg Calcium, 270mg 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.

Ingredients: Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural And Artificial Flavor, Vitamin E (mixed tocopherols). Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), Vitamin B₂ (riboflavin), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

Contains Bioengineered Food Ingredients
 Learn more at Ask.GeneralMills.com

GLUTEN FREE

© General Mills
 Patent: generalmills.com/pat

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

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Nutrition Facts

about 13 servings per container
Serving size 1/2 cup dry (40g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Soluble Fiber 2g	
Insoluble Fiber 2g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg 0%	Calcium 20mg 0%
Iron 1.7mg 10%	Potassium 140mg 2%

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INGREDIENTS: WHOLE GRAIN ROLLED OATS
DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716
 Store in a cool, dry place.



30644 1905 OOF-100 101H

COOKING

1. Boil water in pot.
2. Stir in oats.
3. Cook about 5 minutes, stir occasionally.

STORAGE

Best Serving:

1. Cooked oats are microwaveable.
2. Microwave in 30-second intervals, stirring between servings.

DIETARY

Heat oats in 30-35 second intervals with spoon, stirring and mixing well. Stir in brown sugar, milk, and optional toppings. Oats are naturally gluten-free. Please make 11 servings. Yield: 4 cups.

OPTIONAL TOPPING

1 cup oat milk
 1/2 cup brown sugar
 1/2 cup milk
 1/2 cup brown sugar
 1/2 cup milk
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OPTIONAL TOPPING

1 cup oat milk
 1/2 cup brown sugar
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 1/2 cup brown sugar
 1/2 cup milk



Nutrition Facts

6 servings per container

Serving size 2 shells (28g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Polysaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 133mg 10%

Iron 1mg 6%

Potassium 59mg 2%

*The % Daily Value 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: WHOLE GRAIN YELLOW CORN, HIGH OLEIC CANOLA OIL, WATER, CORN FLOUR, SALT, HYDRATED LIME.



- BAKED WITH -
100% WHOLE
GRAIN WHEAT

triscuit

ORIGINAL
MADE WITH SEA SALT



SERVING SUGGESTION

RELEASED TO STAY FRESH

STARTS WITH -
3 SIMPLE
ingredients

NO ARTIFICIAL
COLORS OR FLAVORS

PER 6 CRACKERS

120 CALORIES	0g SAT FAT 0% DV	160mg SODIUM 4% DV	0g TOTAL SUGARS
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CRACKERS

NET WT 8.5 OZ (240g)





ORIGINAL
MADE WITH SEA SALT

Nutrition Facts

about 9 servings per container
Serving size 6 crackers (28g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 120mg	2%

*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.

INGREDIENTS: WHOLE GRAIN WHEAT, CANOLA OIL, SEA SALT.
CONTAINS: WHEAT.
MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA



21g Whole Grain per 29g Serving

100% WHOLE GRAIN

WHEAT THINS

reduced fat
25% LESS FAT THAN ORIGINAL WHEAT THINS

NO
ARTIFICIAL
FLAVORS OR
COLORS



BAKED TO
SHOW BENT

SERVING
SUGGESTION

PER 16 PIECES

120 CALORIES	0.5g SAT FAT 9% DV	200mg SODIUM 9% DV	4g TOTAL SUGARS
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SNACKS | NET WT 8.5 OZ (240g)

Reduced Fat Wheat Thins

contain 3.5g fat per serving compared to
5g in Original Wheat Thins

Nutrition Facts

about 8 servings per container

Serving size 16 pieces (29g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g •

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 2g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 90mg 0%

*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.

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, SUGAR, CANOLA OIL, CORNSTARCH, MALT STRIP (FROM CORN AND BARLEY), SALT, BERNER'S STRIP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA)

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS: WHEAT

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA



3, 5

Nutrition Facts

Serving Size 2 oz (56g)
Servings Per Container about 8

Amount Per Serving	
Calories 180	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 6g	24%
Soluble Fiber 1g	
Insoluble Fiber 5g	
Sugars 2g	
Protein 8g	
Iron 20%	• Thiamin 15%
Niacin 25%	• Folate 4%
Phosphorus 25%	• Magnesium 20%
Manganese 80%	

Not a significant source of vitamin A, vitamin C and calcium.
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS: WHOLE GRAIN DURUM
WHEAT FLOUR.
CONTAINS WHEAT INGREDIENTS.**



Nutrition Facts

About 75 servings per container
Serving size ¼ cup (30g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Iron 0.6mg	4%
Potassium 110mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.04mg	2%
Niacin 1.3mg	8%
Folate 10mcg DFE	2%

Not a significant source of vitamin D, calcium and folic acid.

* 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

Ingredients: Whole Wheat Flour.