

Great Value **Crunchy Honey Oats**



\*\*See below for information about saturated fat, cholesterol and heart disease.



# Crunchy Honey Oats

\*\*Heart Healthy\*\* While many studies suggest that diets low in saturated fat and cholesterol may reduce the risk of the disease, eating a diet low in saturated fat and cholesterol does not guarantee that you will not develop the disease.

**NATURAL HONEY FLAVORED MULTIGRAIN CEREAL WITH GRANOLA**

**NET WT 18 OZ (1 LB 2 OZ) 510g** ©

# Nutrition Facts

about 13 servings per container

**Serving size 1 cup (39g)**

**Amount per serving**

**Calories 150**

|  | % Daily Value* |
|--|----------------|
| <b>Total Fat</b> 1g                    | <b>1%</b>      |
| Saturated Fat 0g                       | <b>0%</b>      |
| Trans Fat 0g                           |                |
| <b>Cholesterol</b> 0mg                 | <b>0%</b>      |
| <b>Sodium</b> 135mg                    | <b>6%</b>      |
| <b>Total Carbohydrate</b> 33g          | <b>12%</b>     |
| Dietary Fiber 2g                       | <b>7%</b>      |
| Total Sugars 7g                        |                |
| Includes 7g Added Sugars               | <b>14%</b>     |
| <b>Protein</b> 3g                      |                |
| Vitamin D 0mcg                         | 0%             |
| Calcium 10mg                           | 0%             |
| Iron 5.4mg                             | 30%            |
| Potassium 80mg                         | 2%             |
| Thiamine                               | 60%            |
| Niacin                                 | 10%            |
| Vitamin B <sub>6</sub>                 | 10%            |
| Folate 30mcg DFE<br>(20mcg folic acid) | 8%             |
| Pantothenic Acid                       | 10%            |
| Zinc                                   | 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, RICE, CANOLA OIL, CORN SYRUP, SALT, BARLEY MALT EXTRACT, CINNAMON, MOLASSES, HONEY, CARAMEL COLOR, NATURAL FLAVOR.

**VITAMINS AND MINERALS:** FERRIC ORTHOPHOSPHATE (SOURCE OF IRON), NIACINAMIDE (VITAMIN B<sub>3</sub>), ZINC OXIDE, THIAMINE MONONITRATE (VITAMIN B<sub>1</sub>), CALCIUM PANTOTHENATE (A B-VITAMIN), PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), FOLIC ACID.

**CONTAINS WHEAT.**