

Nutrition Facts

About 109 servings per container

Serving Size

1/2 Cup (52 g)

	Cereal	with 3/4 cup skim milk
Calories	200	260
	% Daily Value*	% Daily Value*
Total Fat	2.5g 3%	2.5g 3%
Saturated Fat	0g 0%	0.5g 3%
Trans Fat	0g	0g
Polyunsaturated Fat	1g	1g
Monounsaturated Fat	1g	1g
Cholesterol	0mg 0%	<5mg 1%
Sodium	85mg 4%	160mg 7%
Total Carbohydrate	43g 16%	52g 19%
Dietary Fiber	4g 13%	4g 13%
Total Sugars	14g	24g
Incl. 14g Added Sugars	14g 28%	14g 28%
Protein	4g	10g
Vitamin D	0mcg 0%	2.2mcg 10%
Calcium	10mg 0%	240mg 15%
Iron	1.5mg 8%	1.5mg 8%
Potassium	130mg 2%	410mg 8%
Riboflavin	8%	35%
Niacin	10%	20%
Folate (folic acid)	8% (20mcg)	10% (20mcg)

*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, WHOLE GRAIN WHEAT, CORN SYRUP, SUGAR, RICE, CONTAINS 2% OR LESS OF MODIFIED CORN STARCH, MOLASSES, EXPELLER PRESSED CANOLA OIL, SALT, CINNAMON, HONEY, NATURAL FLAVOR, MALT FLAVOR, MIXED TOCOPHEROLS FOR FRESHNESS, SOY LECITHIN.

VITAMINS AND MINERALS: NIACINAMIDE, REDUCED IRON, VITAMIN B2 (RIBOFLAVIN), FOLIC ACID.

CONTAINS WHEAT AND SOY INGREDIENTS.