

NLI# 15834

KASHI GO™ CRUNCH

Nutrition Facts

Serving size
1 Container (65g)

Calories per serving
240

*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.

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 4g	5%	Total Carb. 46g	17%
Sat. Fat 0g	0%	Dietary Fiber 11g	38%
Trans Fat 0g		Soluble Fiber 7g	
Polyunsat. Fat 1.5g		Insoluble Fiber 4g	
Monounsatur. Fat 1.5g		Total Sugars 16g	
Cholest. 0mg	0%	Incl. 14g Added Sugars	28%
Sodium 120mg	5%	Protein 11g	15%
Vit. D 0mcg 0% • Calcium 30mg 2% • Iron 1.8mg 10% • Potas. 430mg 8% Phosphorus 10% • Magnesium 15% • Zinc 10%			

NLI# 14833

KELLOGG'S® SPECIAL K® FRUIT & YOGURT

Nutrition Facts

1 serving per container
Serving size
1 Container (76g)

Calories per serving
290

*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.

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 2g	3%	Sodium 350mg	15%
Saturated Fat 1g	5%	Total Carb. 65g	24%
Trans Fat 0g		Dietary Fiber 6g	21%
Polyunsaturated Fat 0g		Total Sugars 24g	
Monounsaturated Fat 0g		Incl. 20g Added Sugars	40%
Cholesterol 0mg	0%	Protein 6g	
Vit. D 3.8mcg 15% • Calcium 10mg 0% • Iron 20.5mg 110% • Potas. 170mg 2% Vit. A 15% • Vit. C 15% • Vit. E 15% • Thiamin 35% • Riboflavin 35% • Niacin 35% Vit. B ₆ 35% • Folate 380mcg DFE 90% (225mcg folic acid) • Vit. B ₁₂ 35%			

*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.

NLI# 14794

KELLOGG'S® SPECIAL K® RED BERRIES

Nutrition Facts

1 serving per container
Serving size
1 Container (71g)

Calories per serving
260

*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.

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 1g	1%	Sodium 450mg	20%
Saturated Fat 0g	0%	Total Carb. 61g	22%
Trans Fat 0g		Dietary Fiber 5g	19%
Polyunsaturated Fat 0g		Total Sugars 20g	
Monounsaturated Fat 0g		Incl. 19g Added Sugars	38%
Cholesterol 0mg	0%	Protein 5g	
Vit. D 3.6mcg 15% • Calcium 20mg 0% • Iron 19.6mg 100% • Potas. 150mg 2% Vit. A 15% • Vit. C 15% • Vit. E 15% • Thiamin 35% • Riboflavin 35% • Niacin 35% Vit. B ₆ 35% • Folate 360mcg DFE 90% (215mcg folic acid) • Vit. B ₁₂ 35%			

*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.

NLI# 15572

KELLOGG'S® LOW FAT GRANOLA WITH RAISINS

Nutrition Facts

Serving size
1 Container (63g)

Calories per serving
230

*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.

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 3g	4%	Total Carb. 52g	19%
Saturated Fat 0.5g	3%	Dietary Fiber 6g	20%
Trans Fat 0g		Total Sugars 18g	
Cholesterol 0mg	0%	Incl. 14g Added Sugars	28%
Sodium 140mg	6%	Protein 5g	
Vit. D 2.1mcg 10% • Calcium 20mg 2% • Iron 4.8mg 25% • Potas. 200mg 4% Thiamin 20% • Riboflavin 20% • Niacin 20% • Vit. B ₆ 20% Folate 425mcg DFE 100% (255mcg folic acid) • Vit. B ₁₂ 20%			

NLI# 15683

KELLOGG'S® FROSTED MINI-WHEATS®

Nutrition Facts

1 serving per container
Serving size
1 Container (71g)

Calories per serving
250

*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.

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 1.5g	2%	Total Carb. 60g	22%
Saturated Fat 0g	0%	Dietary Fiber 7g	25%
Trans Fat 0g		Soluble Fiber <1g	
Cholesterol 0mg	0%	Insoluble Fiber 6g	
Sodium 10mg	0%	Total Sugars 15g	
Incl. 14g Added Sugars 28%			
Protein 6g			
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 21.3mg 110% • Potas. 190mg 4% Thiamin 10% • Niacin 10% • Folate 470mcg DFE 110% (280mcg folic acid) Phosphorus 10% • Magnesium 10% • Zinc 10%			

*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.

NLI# 14903

KELLOGG'S® SMART START®

Nutrition Facts

1 serving per container
Serving size
1 Container (76g)

Calories per serving
280

*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.

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 1g	1%	Total Carb. 66g	24%
Saturated Fat 0g	0%	Dietary Fiber 4g	15%
Trans Fat 0g		Total Sugars 22g	
Cholesterol 0mg	0%	Incl. 21g Added Sugars	42%
Sodium 310mg	13%	Protein 6g	5%
Vitamin D 2.3mcg 10% • Calcium 20mg 0% • Iron 9.6mg 50% • Potas. 160mg 2% Vitamin A 10% • Vitamin C 10% • Vitamin E 10% • Thiamin 20% • Riboflavin 20% Niacin 20% • Vitamin B ₆ 20% • Folate 400mcg DFE 100% (240mcg folic acid) Vitamin B ₁₂ 20%			

*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.

KASHI GO™ CRUNCH

INGREDIENTS: KASHI SEVEN WHOLE GRAINS AND SESAME BLEND (HARD RED WHEAT, BROWN RICE, BARLEY, TRITICALE, OATS, RYE, BUCKWHEAT, SESAME SEEDS), SOY FLAKES, BROWN RICE SYRUP, CANE SUGAR, CHICORY ROOT FIBER, WHOLE GRAIN OATS, EXPELLER PRESSED CANOLA OIL, HONEY, SALT, CINNAMON, MIXED TOCOPHEROLS FOR FRESHNESS.
CONTAINS WHEAT AND SOY INGREDIENTS.

KELLOGG'S® SPECIAL K® FRUIT & YOGURT

INGREDIENTS: WHOLE GRAIN WHEAT, RICE, SUGAR, WHOLE GRAIN OATS, WHEAT BRAN, CONTAINS 2% OR LESS OF CORN SYRUP, SALT, PALM KERNEL OIL, DRIED APPLES, BROWN SUGAR SYRUP, RICE FLOUR, NONFAT MILK, NATURAL FLAVORS, NONFAT YOGURT POWDER (CULTURED NONFAT MILK; HEAT-TREATED AFTER CULTURING), MIXED TOCOPHEROLS FOR FRESHNESS, WHEAT, CITRIC ACID, MOLASSES, VEGETABLE JUICE FOR COLOR, MODIFIED CORN STARCH, LACTIC ACID, HONEY, SOY LECITHIN, BARLEY MALT EXTRACT, MALT FLAVOR, SPICE, BHT FOR FRESHNESS.
VITAMINS AND MINERALS: REDUCED IRON, VITAMIN C (ASCORBIC ACID), NIACINAMIDE, VITAMIN E ACETATE, BETA-CAROTENE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN D3, VITAMIN B12.
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

KELLOGG'S® SPECIAL K® RED BERRIES

INGREDIENTS: WHOLE GRAIN WHEAT, RICE, SUGAR, FREEZE-DRIED STRAWBERRIES, WHEAT BRAN, CONTAINS 2% OR LESS OF BROWN SUGAR SYRUP, SALT, MALT FLAVOR.
VITAMINS AND MINERALS: VITAMIN C (ASCORBIC ACID), REDUCED IRON, VITAMIN E ACETATE, NIACINAMIDE, BETA-CAROTENE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN D3, VITAMIN B12.
CONTAINS WHEAT INGREDIENTS.

KELLOGG'S® LOW FAT GRANOLA WITH RAISINS

Ingredients: Whole grain oats, whole grain wheat, sugar, rice, corn syrup, raisins, almonds, contains 2% or less of glycerin, molasses, modified corn starch, palm oil, salt, cinnamon, nonfat milk, polyglycerol esters of fatty acids, malt flavor, mixed tocopherols for freshness, guar gum.

Vitamins and Minerals: Iron (ferric phosphate), niacinamide, reduced iron, folic acid, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin D3, vitamin B12.
CONTAINS WHEAT, ALMOND AND MILK INGREDIENTS.

KELLOGG'S® FROSTED MINI-WHEATS®

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, CONTAINS 2% OR LESS OF BROWN RICE SYRUP, GELATIN.
VITAMINS AND MINERALS: REDUCED IRON, FOLIC ACID.
CONTAINS WHEAT INGREDIENTS.

KELLOGG'S® SMART START®

INGREDIENTS: RICE, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN OATS, BROWN SUGAR SYRUP, CONTAINS 2% OR LESS OF RICE FLOUR, CORN SYRUP, SALT, MALT FLAVOR, HONEY, BARLEY MALT EXTRACT, CINNAMON, NATURAL FLAVOR, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS.
VITAMINS AND MINERALS: VITAMIN C (ASCORBIC ACID), REDUCED IRON, VITAMIN E ACETATE, NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), FOLIC ACID, VITAMIN B2 (RIBOFLAVIN), BETA-CAROTENE, VITAMIN D3, VITAMIN B12.
CONTAINS WHEAT INGREDIENTS.