

Nutrition Facts

Serving Size	1 cup with 3/4 cup skim milk (220g)		1 cup (36g)		100 g (100g)
	with 3/4 cup skim milk		Lucky Charms		Lucky Charms
Calories	200		140		380
	% DV		% DV		
Total Fat	2g	2%	2g	2%	4g
Saturated Fat	0g	-	0g	-	1g
Trans Fat	0g		0g		0g
Polyunsaturated	0g		0g		2g
Monounsaturated	0g		0g		2g
Cholesterol	5mg	1%	0mg	-	0mg
Sodium	300mg	13%	220mg	10%	620mg
Total Carbohydrate	39g	14%	30g	11%	83g
Dietary Fiber	2g	8%	2g	8%	6g
Total Sugars	21g	-	12g	-	33g
Incl. Added Sugars	12g	24%	12g	24%	33g
Protein	9g		3g		8g
Vitamin D	6µg	30%	4µg	20%	11µg
Calcium	350mg	25%	130mg	10%	360mg
Iron	4mg	20%	4mg	20%	10mg
Potassium	360mg	8%	0mg	-	210mg
Vitamin A	-	20%	-	10%	250µg
Vitamin C	-	10%	-	10%	25mg
Thiamin	-	25%	-	20%	1mg
Riboflavin	-	35%	-	10%	0mg
Niacin	-	10%	-	10%	4mg
Vitamin B6	-	20%	-	20%	1mg
Folate	-	20%	-	20%	220µg
Folic Acid	45µg	-	45µg	-	125µg
Vitamin B12	-	50%	-	20%	1µg
Zinc	-	25%	-	20%	6mg
Water	-	-	-	-	1g
Ash	-	-	-	-	4g

* 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.

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Ingredients & Allergens

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Syrup, Corn Starch. Contains 2% or less of: Salt, Modified Corn Starch, Dextrose, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural & 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.



0.75 oz. Eq. Grain



Zero Trans Fat



Whole Grain



No High Fructose Corn Syrup



Gluten Free