

USDA Ounce Equivalents of Grain per Serving	1.5
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	20 g
USDA Bioengineered (BE) Status	Contains a bioengineered food ingredient

[illegible]

Nutrient Contents Per 100g			
Calories	325	Vitamin E	0 mg
Total Fat	1.9 g	Vitamin K	NA mcg
Saturated Fat	0.4 g	Thiamin	0.20 mg
Trans Fat	0.0 g	Riboflavin	0.17 mg
Polysaturated Fat	0.9 g	Niacin (NE)	4.1 mg
Monounsaturated Fat	0.3 g	Vitamin B6	0.29 mg
Cholesterol	0 mg	Folate (DFE)	32 mcg
Sodium	340 mg	Folic Acid	0 mcg
Total Carbohydrate	79.7 g	Vitamin B12	0.0 mcg
Dietary Fiber	12.3 g	Biotin	NA mcg
Soluble Fiber	1.4 g	Pantothenic Acid	NA mg
Insoluble Fiber	10.1 g	Phosphorus	212 mg
Total Sugars	28.6 g	Iodine	NA mcg
Added Sugars	15.0 g	Magnesium	107 mg
Sugar Alcohols	0.0 g	Zinc	1.9 mg
Protein	7.9 g	Selenium	9.3 mcg
Vitamin D	0.0 mcg	Copper	0.31 mg
Calcium	37.2 mg	Manganese	3.12 mg
Iron	3.1 mg	Chromium	NA mcg
Potassium	478 mg	Molybdenum	NA mcg
Vitamin A (RAE)	3 mcg	Chloride	NA mg
Vitamin C	1 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	10 %
		Ash	0.5 %
		Whole Grain	47.94 %

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