

Nutrition Facts

About 11 servings per container

Serving size

1 cup (40g)

	Whole Grain Total	with 1/2 cup skim milk
Calories	140	180
	% DV**	% DV**
Total Fat 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 190mg	8%	10%
Total Carbohydrate 33g	12%	15%
Dietary Fiber 4g	14%	14%
Total Sugars 6g		
Incl. Added Sugars 5g	11%	10%
Protein 3g		
Vitamin D 2mcg	10%	15%
Calcium 40mg	2%	15%
Iron 18mg	100%	100%
Potassium 140mg	2%	8%
Vitamin A	10%	20%
Vitamin C	100%	100%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	120%
Niacin	100%	100%
Vitamin B ₆	100%	100%
Folate (235mcg folic acid)	100%	100%
Vitamin B ₁₂	100%	120%
Pantothenic Acid	100%	100%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	100%	100%

* Amount in cereal. A serving of cereal plus skim milk provides: 1g Total Fat, less than 5mg Cholesterol, 240mg Sodium, 40g Total Carbohydrate (12g Total Sugars), 6g Protein, 2mcg Vitamin D, 190mg Calcium, 18mg Iron, and 340mg Potassium.

** 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 Wheat, Sugar, Corn Syrup, Salt. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Vitamin C (sodium ascorbate), Vitamin E Acetate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B₁₂, Vitamin D₃.

CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.

Nutrition For Dummies

Michal Rosen-Zvi



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