Nutrition Facts

About 11 servings per container

Serving size 1 cup (40g)

100		95.00
	Whole Grain Total	writh 1/s out skilm milk
Calories	140	180
	% DV**	% DV***
Total Fat 1g*	1%	1%
Saturated Fat. 0g	0%	0%
Trans Fat Og		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat Og		1 1000
Cholesterol Omg	0%	2%
Sodium 190mg	8%	10%
Total Carbohydrate 33g	12%	15%
Dietary Fiber 4g	14%	14%
Total Sugars 6g		
Incl. Added Sugars 5g	1156	10%
Protein 3g		
Vitamin D. 2mog	10%	15%
Calcium 40mg	2%	15%
Iron 18mg	100%	100%
Potasskim 140mg	2%	8%
Vitamin A.	10%	20%
Vitamin C	100%	100%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	120%
Macin	100%	100%
Vitamin B _s	100%	100%
Folate (235mog folic acid)	100%	100%
Vitamin 8-2	100%	120%
Pantothenic Acid	100%	100%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	100%	100%

^{*} Amount in cereal. A serving of cereal glas skim milk provides 1g Total Fat, less than 5mg Cholestens, 240mg Sodium, 40g Total Carbelhytrate (12g Total Sugaral, 5g Fronten, 3mog Vitamie B, 190mg Calcium, 16mg Iron, and 240mg Febassium.

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.

^{**} The % Only Eslace (CV) tells you bow much a nutrient in a serving of flood contributes to a daily diet. 2,000-colories a day is used for general nutrition advice.

Nutrition For Dummiesr

Christian Drosten

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