

Barbara's Puffins Honey Rice Cereal 10 oz

PRICE

\$3.79



- Main Ingredient: grain
- Package Type: individual item multi-serving
- Container Material: paper or cardboard
- State of Readiness: ready to eat

DETAILS

Units in Package	1
Unit Size	10 oz
Serving Size	0.75 cup
Servings Per Container	9
Ingredients	Whole Grain Brown Rice Flour, Dehydrated Cane Juice, Fructan (NutraFlora Natural Dietary Fiber), Expeller Pressed High Oleic Oil (Canola and/or Sunflower), Honey, Calcium Carbonate, Salt, Natural Flavor, Natural Vitamin E (Mixed Tocopherols to Maintain Freshness).
Warnings	Manufactured in a facility that also processes milk, soy, hazelnuts, almonds, coconut, and wheat. Verified to contain less than 20 ppm gluten.

Details for Barbara's Puffins Honey Rice Cereal 10 oz

NUTRITION FACTS

Serving Size	0.75 cup
Servings Per Container	9
Total Fat	1 g (2 %)
Saturated Fat	0 g (0 %)
Cholesterol	0 mg (0 %)
Sodium	80 mg (3 %)
Total Carbohydrate	25 g (8 %)
Dietary Fiber	3 g (12 %)
Sugars	6 g
Protein	2 g
Vitamin A	0%
Vitamin C	0%
Calcium	10%
Iron	4%
Trans Fat	0 g

Enjoy Life Perky's Cereal, Crunchy Flax with Chia - 9 oz box

PRICE
\$3.99



High in fiber, protein and Omega-3's. 44g of Whole Grains and 7g of protein per serving. All natural and sweetened with fruit juice and honey. 1000mg of Omega-3's per serving. Certified Gluten free symbol on each package. Made in a dedicated nut-free and certified gluten free facility. This facility also processes soy; however, strict manufacturing and sanitation practices are employed to prevent cross-contamination. This product is batch tested for soy and gluten. Shelf Life: 9 months. Ingredients: whole sorghum flour, golden flax flour, organic evaporated cane juice, raisin juice concentrate, chia flour, salt. Product of United States. Nutrition Facts; Serving size volume: 0.75 cup. Serving size weight: 55g. Servings per package: 5 Calories, 200 Calories from fat, 35 Total fat, 4g - 6% Saturated fat, 0g Trans fat, 0g Cholesterol, 0mg Sodium 120mg, 5% Total carbohydrates 41g, 14% Dietary fiber 5g, 20% Sugars 3g Protein 7g, 14% Vitamin A, 0% Vitamin C, 0% Calcium, 4% Iron, 15%.

DETAILS

Units in Package	1
Unit Size	9 oz
Serving Size	0.75 cup
Servings Per Container	5
Ingredients	Whole Sorghum Flour, Golden Flax Flour, Organic Evaporated Cane Juice, Raisin Juice Concentrate, Chia Flour, Salt.

Details for Enjoy Life Perky's Cereal, Crunchy Flax with Chia - 9 oz box

NUTRITION FACTS

Serving Size	0.75 cup
Servings Per Container	50 mg (2 %)
Total Fat	4 g (6 %)
Saturated Fat	0g (0 %)
Cholesterol	0 mg (0 %)
Sodium	120 mg (5 %)
Total Carbohydrate	41 mg (14 %)
Dietary Fiber	5 g (20 %)
Sugars	3 g
Protein	1 g
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	15%
Trans Fat	0 g

Familia Swiss Muesli Mixed Cereals - 32 oz box

PRICE

\$5.49 ~~\$6.99~~



Mixed cereals with fruit and nuts. No added sugar. Not a low calorie food. Bio-Familia was established in 1954 in Sachseln, a quaint village nestled in the beautiful Swiss countryside. We are known worldwide as the pioneer maker of traditional Swiss Muesli but few know of our early role in supporting natural farming techniques that respect the environment. Since 1958 Bio-Familia has been using organically grown cereals and fruits in its products. A close relationship with the pioneer of organic cultivation in Switzerland, Dr. Hans Muller, made Bio-Familia one of the first companies to discover the benefit of growing grains that replenish and maintain healthy soil while eliminating toxic chemicals. Thanks to this experience and know how, Bio-Familia manufactures naturally grown cereal products that deliver outstanding taste and quality. Familia is proud to continue our tradition of wholesome cereals by bringing you unique cereals grown in balance with the land. For 100% of nature's best in every bowl. Product of Switzerland.

DETAILS

Units in Package	1
Unit Size	32 oz
Serving Size	0.5 cup
Servings Per Container	16
Ingredients	Oat Flakes, Wheat Flakes, Fruit Flakes [Wholemeal Flour (Wheat, Rye, Barley), Date Pulp, Apples, Banana Puree], Millet Flakes, Raisins (Vegetable Oil), Wheat Germs, Hazelnuts Roasted, Almonds Roasted.

Details for Familia Swiss Muesli Mixed Cereals - 32 oz box

NUTRITION FACTS

Serving Size	0.5 cup
Servings Per Container	16
Total Fat	3 g (5 %)
Saturated Fat	0.5 g (3 %)
Cholesterol	0 mg (0 %)
Sodium	0 mg (0 %)
Total Carbohydrate	41 g (18 %)
Dietary Fiber	4 g (18 %)
Sugars	7 g
Protein	6 g
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	15%
Trans Fat	0 g

General Mills Cheerios - 8.9 oz box

PRICE

\$3.89



Cheerios Cereal contains 23 grams whole grain per serving (at least 48 grams recommended daily). A whole grain food is made by using all three parts of the grain. All General Mills Big G cereals contain more whole grain than any other single ingredient. Smile. Perfectly familiar and crunchy, there's something about the taste of Cheerios that kids never outgrow. The one and only. Carefully selected oats can help lower cholesterol. Three grams of soluble fiber from whole grain oat foods, like Cheerios cereal, in a diet low in saturated fat and cholesterol may reduce the risk of heart disease (Cheerios Cereal provides one gram per serving).

DETAILS

Units in Package	1
Unit Size	8.9 oz
Serving Size	1 cup
Servings Per Container	9
Ingredients	Whole Grain Oats (Includes the Oat Bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Details for General Mills Cheerios - 8.9 oz box

NUTRITION FACTS

Serving Size	1 cup
Servings Per Container	9
Total Fat	2 g (3 %)
Saturated Fat	0 g (0 %)
Cholesterol	0 mg (0 %)
Sodium	160 mg (7 %)
Total Carbohydrate	20 g (7 %)
Dietary Fiber	3 g (11 %)
Sugars	1 g
Protein	3 g
Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	45%
Trans Fat	0 g

Kellogg's Rice Krispies Cereal 12 oz

PRICE

\$3.24



- Main Ingredient: grain
- Package Type: individual item multi-serving
- Container Material: paper or cardboard
- State of Readiness: ready to eat

DETAILS

Units in Package	1
Unit Size	12 oz
Serving Size	1.25 cups
Servings Per Container	10
Ingredients	Rice, Sugar, Contains 2% or Less of Salt, Malt Flavor. BHT Added to Packaging for Freshness. Vitamins and Minerals: Iron, Vitamin C (Ascorbic Acid), Vitamin E (Alpha Tocopherol Acetate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Folic Acid, Vitamin B12, Vitamin D.

Details for Kellogg's Rice Krispies Cereal 12 oz

NUTRITION FACTS

Serving Size	1.25 cups
Servings Per Container	10
Total Fat	0 g (0 %)
Saturated Fat	0 g (0 %)
Cholesterol	0 mg (0 %)
Sodium	190 mg (8 %)
Total Carbohydrate	29 g (10 %)
Dietary Fiber	<1 g
Sugars	4 g
Protein	2 g
Vitamin A	25%
Vitamin C	25%
Calcium	0%
Iron	50%
Trans Fat	0 g

Van's Gluten Free Cinnamon Heaven Cereal 11 oz

PRICE

\$3.99



- Main Ingredient: grain
- Package Type: individual item multi-serving
- Container Material: paper or cardboard
- State of Readiness: ready to eat

DETAILS

Units in Package	1
Unit Size	11 oz
Serving Size	0.75 cup
Servings Per Container	10
Ingredients	(That We Are Proud of!) Van's Gluten Free Whole Grain Blend (Oat, Brown Rice, Millet, Quinoa and Amaranth Flours), Cane Sugar, Oat Fiber, Inulin, Invert Cane Sugar, Non-GMO Expeller Pressed Canola Oil, Cinnamon, Salt, Calcium Carbonate, Natural Mixed Tocopherols for Freshness.

Details for Van's Gluten Free Cinnamon Heaven Cereal 11 oz

NUTRITION FACTS

Serving Size	0.75 cup
Servings Per Container	10
Total Fat	1 g (2 %)
Saturated Fat	0 g (0 %)
Cholesterol	0 g (0 %)
Sodium	130 mg (5 %)
Total Carbohydrate	26 g (9 %)
Dietary Fiber	5 g (20 %)
Sugars	9 g
Protein	2 g
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	6%
Trans Fat	0 g