Nutrition Facts

Serving Size 1 cup (50g)

Servings Per Container 10

Amount Per Serving

Cereal

With ½ cup 1% milk

Calorie

190

250

Calories from Fat

35

45

% Daily Value\*\*

Total Fat 4g\*

6%

8%

Saturated Fat 1.5g

8%

13%

Trans Fat 0g

Cholesterol 0mg

0%

3%

Sodium 190mg

8%

11%

Total Carbohydrate 39g

13%

15%

Dietary Fiber 6g

24%

24%

Sugars 11g

Protein 4g

Vitamin A

0%

6%

Vitamin C

0%

2%

Calcium

2%

15%

Iron

6%

6%

\*Amount in Cereal. with ½ cup 1% milk contributes an additional 60 Calories (10 Calories from Fat), 1 g Total Fat (1g Saturated Fat), 10mg Cholesterol, 70mg Sodium, 7g Total Carbohydrate (6g Sugars), 5g Protein.

\*\*Percent Daily Values are based on a 2,000 calorie diet.

Your Daily values may be higher or lower depending on your calorie needs:

Calories:

2,000

2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat9

Carbohydrate 4

Protein 4