

201542

MALT-O-MEAL**FROSTED FLAKES****2 oz. Bowl****SFF-3.4****Approved: 03/08/05**

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
		Total Fat 0g	0%	Total Carbohydrate 50g	17%
Serv. Size	1 bowl (1½ cups)	Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Calories	220	Trans Fat 0g		Sugars 22g	
Fat Cal.	0	Cholesterol 0mg	0%	Other Carbohydrates 27g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium 320mg	13%	Protein 3g	
		Vitamin A 25% • Vitamin C 45% • Calcium 0% • Iron 45% • Vitamin D 20% Thiamin 90% • Riboflavin 90% • Niacin 90% • Vitamin B6 90% • Folate 40% Vitamin B12 45%			

Ingredients: Milled corn, sugar, salt, malt extract, corn syrup, vitamin C (ascorbic acid), niacin (niacinamide), reduced iron, vitamin A palmitate, vitamin B12, vitamin B6 (pyridoxine hydrochloride), folate (folic acid), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin D, wheat starch.

Contains wheat ingredients. Corn used in this product contains traces of soybeans.

Dist. By: Malt-O-Meal Co., Minneapolis, MN 55402
Made in U.S.A. ©2005. Malt-O-Meal Co.

NET WT 2 OZ (56 g)

Malt-O-Meal

10
VITAMINS &
MINERALS

0g
GRAMS TRANS
FAT

NATURALLY
CHOLESTEROL
FREE

Frosted Flakes

Sweetened Flakes of Corn Cereal

Nutrition Facts

Serv. Size 1 bowl
(1 1/2 cups)
Calories 220
Fat Cal. 0

*Percent Daily Values
(DV) are based on a
2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 0g	0%	Total Carbohydrate 50g	17%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g	0%	Sugars 22g	
Cholesterol 0mg	0%	Other Carbohydrates 27g	
Sodium 320mg	13%	Protein 3g	

Vitamin A 25% • Vitamin C 45% • Calcium 0% • Iron 45% • Vitamin D 20%
Thiamin 90% • Riboflavin 90% • Niacin 90% • Vitamin B6 90% • Folate 40%
Vitamin B12 45%

Ingredients: Milled corn, sugar, salt, malt extract, corn syrup, vitamin C (ascorbic acid), niacin (niacinamide), reduced iron, vitamin A palmitate, vitamin B12, vitamin B6 (pyridoxine hydrochloride), folate (folic acid), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin D, wheat starch.
Contains wheat ingredients. Grains used in this product contain traces of soybeans.

Dist. By: Malt-O-Meal Co.,
Minneapolis, MN 55402
Made in U.S.A. ©2009 Malt-O-Meal Co.

NET WT 2.00 OZ (56g)

1-800-743-3029 or visit us on the web at: maltomeal.com



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