Nutrition Facts

About 12 servings per container

Serving size 1 Cup (55g)

	Cereal	with 3/4 cup skim milk
Calories	**190**	**250**
	% DV*	**% DV***
Total Fat	1g **1%**	1g **1%**
Saturated Fat	0g **0%**	0g **0%**
Trans Fat	0g	0g
Polyunsat. Fat	0g	0g
Monounsat. Fat	0g	0g
Cholesterol	0mg **0%**	<5mg **1%**
Sodium	200mg **9%**	280mg **12%**
Total Carb.	46g **17%**	56g **20%**
Dietary Fiber	4g **16%**	4g **16%**
Total Sugars	19g	28g
Incl. Added Sugars	13g **26%**	13g **26%**
Protein	4g	10g
Vitamin D	0mcg 0%	2.2mcg 10%
Calcium	20mg 2%	250mg 15%
Iron	1mg 6%	1.1mg 6%
Potassium	280mg 6%	560mg 10%
Niacin	15%	20%
Phosphorus	10%	25%
Magnesium	10%	15%
Zinc	10%	15%
Copper	20%	20%
Manganese	60%	60%

* 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.