

Arrowhead Mills

Puffed Corn Cereal



UPC: 074333474302

0 g total sugars in 14 g dry cereal meets sugar limits.

Nutrition Facts	
Serving Size: 3/4 cup (14g)	
Serving Per Container: About 12	
Amount Per Serving	
Calories 60	Calories from Fat
% Daily Value*	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 0g	
Incl. Added Sugars 0g	0%

The one and only grain ingredient is whole grain.

Arrowhead Mills Puffed Corn Cereal is hearty and flavorful. Made with puffed whole grain yellow corn, our cereal is low in fat and has no added salt or sugar. Eating well is made easy with satisfying foods that fuel your day deliciously.

Benefits: No added sugar or salt

Ingredients:

Puffed Corn

Arrowhead Mills

Puffed Kamut Cereal



6 oz UPC: 0007433347434

1 g total sugar in 15 g dry cereal meets sugar limits.

Nutrition Facts	
Serving Size: 3/4 cup (15g)	
Serving Per Container: About 11	
Amount Per Serving	
Calories 60	Calories from Fat
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Incl. Added Sugars 0g	0%

The one and only grain ingredient is whole grain.

Arrowhead Mills Organic Puffed Kamut Cereal is made of pure whole grain kamut and is low in fat with no added salt or sugar. Derived from the ancient Egyptian word for “wheat,” this high-energy grain was discovered thousands of years ago. With kernels two to three times the size of its modern relative, kamut’s rich flavor and great nutrition is a valuable addition to any diet.

Benefits: No added sugar or salt

Ingredients:

Puffed Kamut

Arrowhead Mills

Puffed Millet

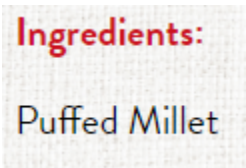


UPC: 074333474319

0 g total sugars in 14 g dry cereal meets sugar limits.

Nutrition Facts	
Serving Size: 3/4 cup (14g)	
Serving Per Container: About 12	
Amount Per Serving	
Calories 50	Calories from Fat
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	%
Dietary Fiber 4g	1%
Sugars 0g	
Incl. Added Sugars 0g	0%

The one and only grain ingredient is whole grain.



Arrowhead Mills

Puffed Rice Cereal

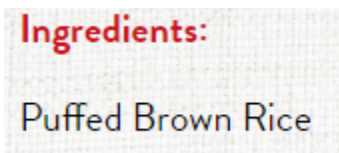


UPC: 074333474296

0 g total sugars in 14 g dry cereal meets sugar limits.

Nutrition Facts	
Serving Size: 3/4 cup (14g)	
Serving Per Container: About 12	
Amount Per Serving	
Calories 50	Calories from Fat
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Incl. Added Sugars 0g	0%

The one and only grain ingredient is whole grain.



Arrowhead Mills

Puffed Wheat Cereal



6 oz UPC: 0007433347428

0 g total sugars in 15 g dry cereal meets sugar limits.

Nutrition Facts	
Serving Size: 3/4 cup (15g)	
Serving Per Container: About 11	
Amount Per Serving	
Calories 60	Calories from Fat
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Sugars 0g	
Incl. Added Sugars 0g	0%

The only grain ingredient is a whole grain.

Ingredients

Wheat Puffed Whole Grain