

General Mills

Cheerios – Vanilla Spice

Nutrition Facts

Serving size: 1 1/3 cup (39g)

Amount per serving	
Calories	150
	As Packaged



Food component / Nutrient	Amount As Packaged
Total Fat	1.5g
Saturated Fat	0g
Trans Fat	0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	0.5g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrate	32g
Dietary Fiber	3g
Total Sugars	8g
Incl. Added Sugars	8g

8 g total sugars in 39 g dry cereal meets sugar limits.

The first ingredient is whole grain and the cereal is fortified.

Ingredients

Whole Grain Oats, Whole Grain Corn, Sugar, Whole Grain Rice, Corn Starch, Corn Syrup, Salt, Cinnamon, Tripotassium Phosphate, Color (caramel color, annatto extract), Natural Flavor, Vitamin E (mixed tocopherols) Added to

Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), A B Vitamin (calcium pantothenate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin A (palmitate), Vitamin D3.

Fortified

Does Not Contain Declaration Obligatory Allergens