

Everyday Essential

Multi Grain Toasted Cereal



12.8 oz



8 g total sugars in 40 g dry cereal meets sugar limits

Nutrition Facts	
About 9 servings per container	
Serving size	1 1/2 cup (40g)
Amount per serving	
Calories	150
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	13%
Total Sugars 8g	
Includes 8g Added Sugars	16%

The 1st 3 grain ingredients are all whole grain.

INGREDIENTS: WHOLE GRAIN CORN FLOUR, WHOLE GRAIN WHEAT FLOUR, SUGAR, WHOLE GRAIN OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, WHOLE GRAIN BROWN RICE FLOUR, CORN SYRUP, CORN BRAN, SALT, MOLASSES, OAT FIBER, OAT EXTRACT, HIGH OLEIC CANOLA OIL, ADDED COLOR, TRIPOTASSIUM PHOSPHATE, TRISODIUM PHOSPHATE, MIXED TOCOPHEROLS ADDED TO PRESERVE FRESHNESS.