



NUTRITIONAL FACTS

Serving Size: 1 cup (56 g)	Sodium: 190mg (8%)
Serving Per Container: about 7	Total Carb: 45g (16%)
Calories: 210	Dietary Fiber: 5g (17%)
Total Fat: 2.5g (3%)	Sugars: 9g
Sat. Fat: 0g (0%)	Protein: 6g
Trans Fat: 0g	Calcium: 10%
Cholesterol: 0mg (0%)	Iron: 90%

56 grams of cereal can have up to 12 grams added sugar (meets sugar limits).

The first two ingredients are whole grain and the cereal is fortified.

INGREDIENTS

WHOLE GRAIN OAT FLOUR, WHOLE GRAIN WHEAT FLOUR, BROWN SUGAR, SUGAR, MALTODEXTRIN, MALTED BARLEY EXTRACT, MOLASSES, SALT, SODIUM BICARBONATE, MIXED TOCOPHEROLS (ADDED TO PRESERVE FRESHNESS), CARAMEL COLOR, TURMERIC OLEORESIN (COLOR), ANNATTO EXTRACT (COLOR), NATURAL FLAVOR. VITAMINS AND MINERALS: CALCIUM CARBONATE, REDUCED IRON, SODIUM ASCORBATE (VITAMIN C), NIACINAMIDE, ZINC OXIDE, ALPHA TOCOPHEROL ACETATE (VITAMIN E), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN A PALMITATE, VITAMIN D, VITAMIN B12.

This cereal is fortified.