

Great Value

Toasted O's



12 oz



0 g total sugars in 41 g cereal meets sugar limits.

Nutrition Facts	
about 8 servings per container	
Serving size	1 1/2 cup (41g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%

The 1st grain ingredient is whole grain, wheat starch is an ingredient we “skip” according to the rule of 3.

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR. **VITAMINS AND MINERALS:** REDUCED IRON, NIACINAMIDE (VITAMIN B₃), ZINC OXIDE, FOLIC ACID, RIBOFLAVIN (VITAMIN B₂), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), THIAMIN MONONITRATE (VITAMIN B₁), VITAMIN B₁₂.