



Serving Size: 1 cup (40g)

Servings Per Container: About 9

Amount Per Serving	As Packaged	with 3/4 cup skim milk
Calories	170	230
% Daily Value*		
Total Fat 3.5g	5%	5%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg	0%	1%
Sodium 250mg	11%	14%
Total Carbohydrate 33g	12%	15%
Dietary Fiber <1g	2%	2%
Total Sugars 8g		
Incl. Added Sugars 8g	16%	16%

40 grams of cereal can have up to 8 grams added sugar (meets 10/1/25 sugar limits).

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

INGREDIENTS

Whole Grain Rice, Rice, Sugar, Canola and/or Sunflower Oil, Salt, Molasses, Color (vegetable juice), Natural Flavor, Rosemary Extract, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

This cereal is fortified.

VITAMINS & MINERALS

Tricalcium Phosphate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B2 (riboflavin), Vitamin B. (pyridoxine hydrochloride), Vitamin B, (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3