

## General Mills

### Cheerios – Multi Grain



9 oz. **UPC: 016000275157**

18 oz. **UPC: 016000168756**

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

1<sup>st</sup> ingredient is whole grain AND the cereal is fortified.

**Serving Size: 1 1/3 cup (39g)**

Amount per serving

**Calories**

**150**

As Packaged

**Food component /  
Nutrient**

**Amount**  
As Packaged

|                           |       |
|---------------------------|-------|
| <b>Total Fat</b>          | 1.5g  |
| Saturated Fat             | 0g    |
| Trans Fat                 | 0g    |
| Polyunsaturated Fat       | 0.5g  |
| Monounsaturated Fat       | 0.5g  |
| <b>Cholesterol</b>        | 0mg   |
| <b>Sodium</b>             | 150mg |
| <b>Total Carbohydrate</b> | 32g   |
| Dietary Fiber             | 3g    |
| Total Sugars              | 8g    |
| <b>Incl. Added Sugars</b> | 8g    |
| <b>Protein</b>            | 3g    |

## Ingredients

## Fortified

Whole Grain Oats, Whole Grain Corn, Sugar, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color, annatto extract). 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.

## General Mills

### Cheerios - Original



8.9 oz.

UPC: 016000275263

20 oz.

UPC: 016000125414

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

1<sup>st</sup> ingredient is whole grain AND the cereal is fortified.

## Nutrition Facts

Serving Size: 1 1/2 cup (39g) (age 4+ years)

Amount per serving

### Calories

**140**

As Packaged

Food component /  
Nutrient

Amount  
As Packaged

|                           |       |
|---------------------------|-------|
| <b>Total Fat</b>          | 2.5g  |
| Saturated Fat             | 0.5g  |
| Trans Fat                 | 0g    |
| Polyunsaturated Fat       | 1g    |
| Monounsaturated Fat       | 1g    |
| <b>Cholesterol</b>        | 0mg   |
| <b>Sodium</b>             | 190mg |
| <b>Total Carbohydrate</b> | 29g   |
| Dietary Fiber             | 4g    |
| Soluble Fiber             | 2g    |
| Total Sugars              | 2g    |
| Incl. Added Sugars        | 1g    |

## Ingredients

Fortified

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

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