

## General Mills

### Chex – Blueberry - GF



12 oz.

UPC : 016000492349

20.3 oz.

UPC 016000137653

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

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

#### NUTRITION FACTS

Serving Size: 1 cup (40g)

Servings Per Container: About 8

| Amount Per Serving     | As Packaged | with 1/2 cup skim milk |
|------------------------|-------------|------------------------|
| Calories               | 170         | 210                    |
| % Daily Value*         |             |                        |
| Total Fat 3.5g**       | 5%          | 5%                     |
| Saturated Fat 0g       | 0%          | 3%                     |
| Trans Fat 0g           |             |                        |
| Polyunsaturated Fat 1g |             |                        |
| Monounsaturated Fat 2g |             |                        |
| Cholesterol 0mg        | 0%          | 1%                     |
| Sodium 250mg           | 11%         | 13%                    |
| Total Carbohydrate 33g | 12%         | 14%                    |
| Dietary Fiber 1g       | 4%          | 4%                     |
| Total Sugars 8g        |             |                        |
| Incl. Added Sugars 8g  | 16%         | 16%                    |

#### INGREDIENTS

Whole Grain Rice, Rice, Sugar, Canola and/or Sunflower Oil, Blueberry Powder, Salt, Molasses, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Fortified

#### VITAMINS & MINERALS

Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

## General Mills

### Chex – Cinnamon - GF



12 oz.

UPC: 016000103719

19.6 oz

UPC : 016000137820

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

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

Serving Size: 1 cup (40g)

Servings Per Container: About 8

| Amount Per Serving       | As Packaged |
|--------------------------|-------------|
| Calories                 | 170         |
| Total Fat 4g**           | 5%          |
| Saturated Fat 0g         | 0%          |
| Trans Fat 0g             |             |
| Polyunsaturated Fat 1g   |             |
| Monounsaturated Fat 2.5g |             |
| Cholesterol 0mg          | 0%          |
| Sodium 250mg             | 11%         |
| Total Carbohydrate 33g   | 12%         |
| Dietary Fiber 2g         | 7%          |
| Total Sugars 8g          |             |
| Incl. Added Sugars 8g    | 16%         |

## INGREDIENTS

Whole Grain Rice, Rice, Sugar, Canola and/or Sunflower Oil, Salt, Rice Fiber, Cinnamon, Molasses, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Fortified

## VITAMINS & MINERALS

Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

General Mills

Chex – Corn - GF



12 oz.    **UPC : 016000487963**

18 oz.    **UPC: 016000171084    UPC : 016000487970**

4 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 1/4 cup (39g)  
Servings Per Container: About 8

| Amount Per Serving       | As Packaged |
|--------------------------|-------------|
| Calories                 | 150         |
| Total Fat 1g**           | 1%          |
| Saturated Fat 0g         | 0%          |
| Trans Fat 0g             |             |
| Polyunsaturated Fat 0.5g |             |
| Monounsaturated Fat 0g   |             |
| Cholesterol 0mg          | 0%          |
| Sodium 280mg             | 12%         |
| Total Carbohydrate 33g   | 12%         |
| Dietary Fiber 2g         | 7%          |
| Total Sugars 4g          |             |
| Incl. Added Sugars 4g    | 7%          |

INGREDIENTS

Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Fortified

VITAMINS & MINERALS

Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

General Mills

Chex – Rice



12 oz. **UPC : 016000487963** 18 oz. **UPC: 016000171022**

3 g total sugars in 40 g dry cereal meets sugar limits.

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

NUTRITION FACTS

Serving Size: 1 1/3 cup (40g)  
Servings Per Container: About 8

| Amount Per Serving     | As Packaged |
|------------------------|-------------|
| Calories               | 160         |
| Total Fat 1g           | 1%          |
| Saturated Fat 0g       | 0%          |
| Trans Fat 0g           |             |
| Polyunsaturated Fat 0g |             |
| Monounsaturated Fat 0g |             |
| Cholesterol 0mg        | 0%          |
| Sodium 330mg           | 14%         |
| Total Carbohydrate 35g | 13%         |
| Dietary Fiber 2g       | 5%          |
| Total Sugars 3g        |             |
| Incl. Added Sugars 3g  | 6%          |

INGREDIENTS

Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Fortified

VITAMINS & MINERALS

Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

## General Mills

### Chex – Wheat



14 oz. **UPC: 016000275492**

6 g total sugars in 59 g dry cereal meets sugar limits.

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

Serving Size: 1 cup (59g)

Servings Per Container: About 6

| Amount Per Serving | As Packaged |
|--------------------|-------------|
|--------------------|-------------|

|          |     |
|----------|-----|
| Calories | 210 |
|----------|-----|

|                |    |
|----------------|----|
| Total Fat 1g** | 1% |
|----------------|----|

|                  |    |
|------------------|----|
| Saturated Fat 0g | 0% |
|------------------|----|

|              |  |
|--------------|--|
| Trans Fat 0g |  |
|--------------|--|

|                          |  |
|--------------------------|--|
| Polyunsaturated Fat 0.5g |  |
|--------------------------|--|

|                        |  |
|------------------------|--|
| Monounsaturated Fat 0g |  |
|------------------------|--|

|                 |    |
|-----------------|----|
| Cholesterol 0mg | 0% |
|-----------------|----|

|              |     |
|--------------|-----|
| Sodium 340mg | 15% |
|--------------|-----|

|                        |     |
|------------------------|-----|
| Total Carbohydrate 51g | 19% |
|------------------------|-----|

|                  |     |
|------------------|-----|
| Dietary Fiber 8g | 29% |
|------------------|-----|

|                 |  |
|-----------------|--|
| Total Sugars 6g |  |
|-----------------|--|

|                       |     |
|-----------------------|-----|
| Incl. Added Sugars 6g | 12% |
|-----------------------|-----|

#### INGREDIENTS

Whole Grain Wheat, Sugar, Salt, Molasses, Baking Soda. Vitamin E (mixed tocopherols) Added to Preserve Freshness. CONTAINS WHEAT INGREDIENTS.

Fortified

#### VITAMINS & MINERALS

Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.