

## General Mills

### Fiber One – Honey Clusters



14.25 oz.

UPC : 642141258997 14.25 oz UPC: 0001600027578

17.5 oz UPC: 0001600015765

10 g total sugars in 54 g dry cereal meets sugar limits.

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

Serving Size: 1 cup (54g)

Servings Per Container: about 9

| Amount Per Serving            | As Packaged |
|-------------------------------|-------------|
| <b>Calories</b>               | 170         |
| <b>Total Fat</b> 1.5g         | 2%          |
| Saturated Fat 0g              | 0%          |
| Trans Fat 0g                  |             |
| Polyunsaturated Fat 0g        |             |
| Monounsaturated Fat 0g        |             |
| <b>Cholesterol</b> 0mg        | 0%          |
| <b>Sodium</b> 200mg           | 9%          |
| <b>Total Carbohydrate</b> 45g | 16%         |
| Dietary Fiber 10g             | 36%         |
| Soluble Fiber 1g              |             |
| Insoluble Fiber 9g            |             |
| Sugars 10g                    |             |
| Incl. 9g Added Sugars         | 18%         |

## Ingredients

**Whole Grain Wheat, Oat Cluster** (whole grain oats, sugar, brown sugar, rice flour, honey, corn syrup, whole grain rice, salt, natural flavor, barley malt extract, cinnamon. Vitamin E [mixed tocopherols] added to preserve freshness), **Corn Bran, Sugar, Rice Flour, Wheat Bran, Corn Syrup, Salt, Honey, Corn Starch, Malt Syrup, Tripotassium Phosphate, Brown Sugar Syrup, Natural Flavor, Acesulfame Potassium, Sucralose. Vitamin E** (mixed tocopherols) **Added to Preserve Freshness.**

Fortified

**Vitamins and Minerals: Calcium Carbonate, Iron and Zinc** (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B<sub>6</sub>** (pyridoxine hydrochloride), **Vitamin B<sub>1</sub>** (thiamin mononitrate), **Vitamin B<sub>2</sub>** (riboflavin), **A B Vitamin** (folic acid), **Vitamin B<sub>12</sub>**.

## General Mills

### Fiber One – Original



16.2 oz UPC: 0001600027505 19.6 oz. UPC : 016000157620

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

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

Serving Size: 2/3 cup (40g)

Servings Per Container: about 14

| Amount Per Serving            | As Packaged |
|-------------------------------|-------------|
| <b>Calories</b>               | 90          |
| <b>Total Fat</b> 1g           | 1%          |
| Saturated Fat 0g              | 0%          |
| Trans Fat 0g                  |             |
| Polyunsaturated Fat 0.5g      |             |
| Monounsaturated Fat 0g        |             |
| <b>Cholesterol</b> 0mg        | 0%          |
| <b>Sodium</b> 140mg           | 6%          |
| <b>Total Carbohydrate</b> 34g | 12%         |
| Dietary Fiber 18g             | 65%         |
| <b>Soluble Fiber</b> 1g       |             |
| Insoluble Fiber 17g           | 8%          |
| Total Sugars 0g               | 0%          |

## Ingredients

**Whole Grain Wheat, Corn Bran, Modified Wheat Starch, Color** (caramel color and annatto extract), **Guar Gum, Cellulose Gum, Salt, Baking Soda, Sucralose, Natural Flavor.**

Fortified

**Vitamins and Minerals: Calcium Carbonate, Vitamin C** (sodium ascorbate), **Iron and Zinc** (mineral nutrients), **A B Vitamin** (niacinamide), **Vitamin B<sub>6</sub>** (pyridoxine hydrochloride), **Vitamin B<sub>1</sub>** (thiamin mononitrate), **Vitamin B<sub>2</sub>** (riboflavin), **A B Vitamin** (folic acid), **Vitamin B<sub>12</sub>.**