

General Mills

Kix – Berry Berry



12 oz UPC: 0001600041077 12 oz. UPC : 773821151281

18 oz. UPC : 016000169661 18 oz UPC: 0001600013975

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

1st ingredient is whole grain AND the cereal is fortified.

Serving size 1 ½ cup (40g)		
Berry Berry Kix		with ½ cup skim milk
Calories	160	200
	% DV**	% DV**
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Total Carbohydrate 34g	12%	15%
Dietary Fiber 2g	7%	7%
Total Sugars 8g		
Incl. Added Sugars 8g	16%	16%

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Canola Oil, Brown Sugar Syrup, Salt, Vegetable and Fruit Juice Color, Tricalcium Phosphate, Baking Soda, Citric Acid, Natural Flavor. 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 B₁ (thiamin mononitrate), Vitamin A (palmitate), Vitamin B₂ (riboflavin), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

Fortified

General Mills

Kix- Honey



12 oz UPC: 0001600040945

18 oz. UPC : 016000169623 18 oz UPC: 0001600013973

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

1st ingredient is whole grain AND the cereal is fortified.

Nutrition Facts			
About 13 servings per container			
Serving size		1 ½ cup (40g)	
Honey Kix		with ½ cup skim milk	
Calories	160	200	
% DV**		% DV**	
Total Fat	1g*	1%	2%
Saturated Fat	0g	0%	0%
Trans Fat	0g		
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	0g		
Cholesterol	0mg	0%	1%
Sodium	220mg	10%	12%
Total Carbohydrate	34g	12%	15%
Dietary Fiber	3g	11%	11%
Total Sugars	7g		
Incl. Added Sugars	7g	14%	14%
Ingredients: Whole Grain Corn, Corn Meal, Sugar, Honey, Salt, Brown Sugar Syrup, Caramel Color, Baking Soda, Natural Flavor. 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 B ₆ (pyridoxine hydrochloride), Vitamin B ₁ (thiamin mononitrate), Vitamin A (palmitate), Vitamin B ₂ (riboflavin), A B Vitamin (folic acid), Vitamin B ₁₂ , Vitamin D ₃ .			
Fortified			

General Mills

Kix – Original



12 oz. **UPC : 016000275676**

18 oz. **UPC: 016000171046**

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

1st ingredient is whole grain AND the cereal is fortified.

Serving size 1 ½ cup (40g)			
		with ½ cup skim milk	
Calories		Calories	
160		200	
% DV**		% DV**	
Total Fat 1g*	1%	Total Fat 1g*	2%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Polyunsaturated Fat 0.5g		Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g		Monounsaturated Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	1%
Sodium 220mg	10%	Sodium 220mg	12%
Total Carbohydrate 34g	12%	Total Carbohydrate 34g	15%
Dietary Fiber 3g	11%	Dietary Fiber 3g	11%
Total Sugars 4g		Total Sugars 4g	
Incl. Added Sugars 4g	8%	Incl. Added Sugars 4g	8%

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Salt, Brown Sugar Syrup, Baking Soda, 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 B₁ (thiamin mononitrate), Vitamin A (palmitate), Vitamin B₂ (riboflavin), A B Vitamin (folic acid), **Vitamin B₁₂, Vitamin D₃.** *Fortified*