

General Mills

Total



16 oz. **UPC:** 016000275638

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

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

Serving size	1cup (40 g)
Amount per serving	
Calories	140
	% Daily value*
Total Fat 1g	1.28%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8.26%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14.29%
Sugar 6g	
Added Sugar 5g	10%

Ingredients

Whole Grain Wheat, Sugar, Honey, Salt, Vitamin E (Mixed Tocopherols) Added To Preserve Freshness, Vitamins and Minerals: Vitamin C (Sodium Ascorbate), Vitamin E Acetate, Iron and Zinc (Mineral Nutrients), A B Vitamin (Niacinamide), A B Vitamin (Calcium Pantothenate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), A B Vitamin (Folic Acid), Vitamin A (Palmitate), Vitamin B12, Vitamin D3.

Fortified