

Hy-Vee

Tasteeos, Multigrain



12.8 oz.

UPC: 0075450081000

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

Serving size		1-1/2 cups (40g)	
	per 1-1/2 cups cereal	per 1-1/2 cups cereal with 1/2 cup skim milk	
Calories	150	190	
	% Daily Value*	% Daily Value*	
Total Fat	1.5g 2%	1.5g	2%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0.5g	
Monounsaturated Fat	0.5g	0.5g	
Cholesterol	0mg 0%	< 5mg	1%
Sodium	170mg 7%	220mg	10%
Total Carbohydrate	32g 12%	39g	14%
Dietary Fiber	4g 13%	4g	13%
Total Sugars	8g	14g	
Incl. Added Sugars	8g 16%	8g	16%

The first ingredient is whole grain and the first three grain ingredients are whole grain.

Whole Grain Corn Flour, Whole Grain Oat Flour, Sugar, Whole Grain Barley Flour, Whole Grain Wheat Flour, Whole Grain Brown Rice Flour, Wheat Starch, Corn Syrup, Canola Oil, Molasses, Salt, Corn Bran, Oat Fiber, Added Color, Dicalcium Phosphate, Oat Extract, Trisodium Phosphate, Tripotassium Phosphate, Mixed Tocopherols (Vitamin E) added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Folic Acid, Vitamin D, Vitamin B12. Contains: Wheat

Hy-Vee

Tasteeos Toasted Oat Cereal



12 oz.

UPC: 0075450169450

2 g total sugars in 41 g dry cereal meets sugar limits.

Serving size	1-1/2 cup (41g)	
	per 1-1/2 cups cereal	per 1-1/2 cups cereal with 1/2 cup skim milk
Calories	160	200
	% Daily Value*	% Daily Value*
Total Fat	2.5g 3%	3g 4%
Saturated Fat	0.5g 3%	0.5g 3%
Trans Fat	0g	0g
Polyunsaturated Fat	1g	1g
Monounsaturated Fat	1g	1g
Cholesterol	0mg 0%	< 5mg 1%
Sodium	230mg 10%	280mg 12%
Total Carbohydrate	30g 11%	37g 13%
Dietary Fiber	3g 12%	3g 12%
Soluble Fiber	1g	1g
Insoluble Fiber	2g	2g
Total Sugars	2g	8g
Incl. Added Sugars	2g 4%	2g 4%

The first ingredient is whole grain and the cereal is fortified.