

Kashi

Organic Warm Cinnamon



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Hearts & O's Made with Whole Oats & Sweet Cinnamon

USDA ORGANIC 5g Fiber 24g Whole Grain

CEREAL

NET WT 12 OZ (340g)

Nutrition Facts

About 8 servings per container

Serving size 1 Cup (42g)

Amount per serving

Calories 150

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	19%
Soluble Fiber 1g	
Insoluble Fiber 4g	
Total Sugars 7g	
Includes 6g Added Sugars	12%

7 g total sugars in 42 g dry cereal meets sugar limits.

This product qualifies as a whole grain because it carries an FDA whole grain health claim.

Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.

Ingredients: Whole oat flour*, degerminated yellow cornmeal*, invert cane syrup*, oat fiber*, honey*, cinnamon*, salt, expeller pressed canola oil*, iron (ferric phosphate), natural flavors*, mixed tocopherols (vitamin E) for freshness, ginger*, cardamom*.

*Organic