

Kashi

Organic Honey Toasted



The image shows the front of a Kashi Organic Honey Toasted cereal box and its nutrition label. The box features the Kashi logo in green, a 'New Look' tagline, and an image of two golden-brown cereal pieces (a heart and a ring) with honey drizzle. Below the image, it says 'Organic Honey Toasted' and 'Hearts & O's Made with Whole Oats & Wildflower Honey'. There are also icons for '1 FOR THE PLANET', 'USDA ORGANIC', '6g Fiber', and '23g whole grain'. The nutrition label on the right provides detailed nutritional information per serving (1 cup, 42g).

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 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	20%
Soluble Fiber 1g	
Insoluble Fiber 4g	
Total Sugars 7g	
Includes 7g Added Sugars	14%

Enlarged to show toastiness

CEREAL

NET WT 12 OZ (340g)

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

Product qualifies as a whole grain because it has 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*, salt, expeller pressed canola oil*, natural flavors*, iron (ferric phosphate), mixed tocopherols (vitamin E) for freshness.

*Organic