

Nature's Path

Rice Puffs



0 g total sugars in 16 g dry cereal meets sugar limits.

Serving size		1 cup cereal (16g)	
	Per 1 cup cereal		Per 1 cup cereal with 1/2 cup skim milk
Calories	60		100
	% DV*		% DV*
Total Fat	0g 0%	0g	0%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg	0%
Sodium	0mg 0%	50mg	2%
Total Carb.	13g 5%	19g	7%
Dietary Fiber	1g 4%	1g	4%
Total Sugars	0g	6g	
Incl. Added Sugars	0g 0%	0g	0%

The first and only grain ingredient is whole grain.

INGREDIENTS: Whole grain brown rice*. *Organic. Produced in a facility that uses wheat.