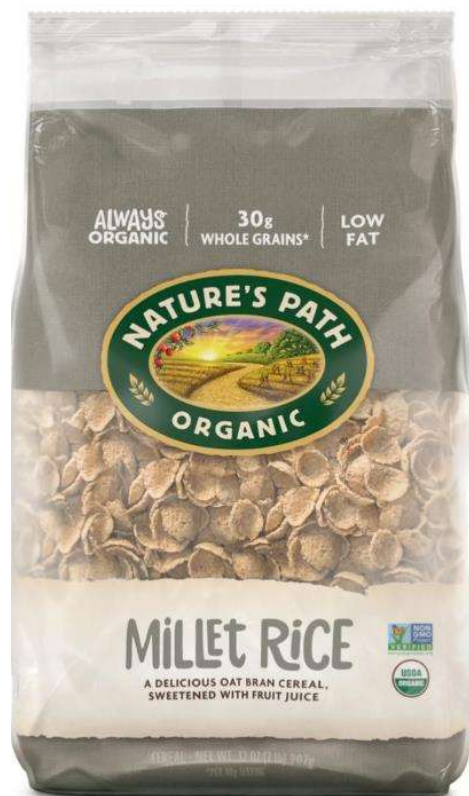


Nature's Path Millet Rice Cereal



Serving size	1 cup cereal (40g)	
	Per 1 cup cereal	Per 1 cup cereal with 1/2 cup skim milk
Calories	160	200
	% DV*	% DV*
Total Fat	2.5g 3%	2.5g 3%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	150mg 7%	200mg 9%
Total Carb.	29g 11%	35g 13%
Dietary Fiber	4g 14%	4g 14%
Total Sugars	5g	11g
Incl. Added Sugars	4g 8%	4g 8%

40 grams of cereal can have up to 8 grams added sugar (meets 10/1/25 sugar limits).

The first ingredient is whole grain and the next two grain ingredients are also whole grain. The package states there are 30 grams whole grains in a 40 gram portion (or 21 grams in a 28 gram portion).

INGREDIENTS:

Whole oat flour*, pear juice
concentrate*, brown rice flour*,
whole millet*, oat bran*, barley
malt extract*, sea salt. ***Organic.**