

Post Great Grains

Blueberry Nut Cereal



Serving Size	1 cup(59g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrates 48g	17%
Dietary Fiber 3g	12%
Total Sugars 16g	
Incl. 13g Added Sugars	27%

13 g added sugars in 59 g cereal meets sugar limits.

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

Ingredients

Whole Grain Wheat, Rice, Cane Sugar, Whole Grain Rolled Oats, Dried Blueberries (Blueberries, Invert Sugar, Glycerin, Sunflower Oil, Natural Flavor), Almonds, Expeller Pressed Canola Oil, Salt, Barley Malt Extract, Rice Syrup, Molasses, Caramel Color, Tocopherols (Vitamin E) to maintain freshness, Natural Flavor.

Vitamins & Minerals

Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.