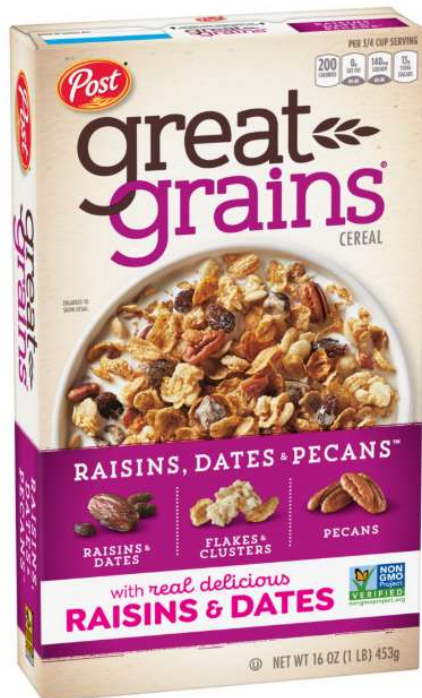


Post

Great Grains Raisin, Dates and Pecans



Serving Size	3/4 cup(54g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrates 40g	15%
Dietary Fiber 4g	14%
Total Sugars 13g	
Incl. 4g Added Sugars	9%

4 g added sugar in 54 g cereal meets sugar limits.

Cereal has a FDA whole grain health claim.

INGREDIENTS

WHOLE GRAIN WHEAT, RAISINS, CANE SUGAR, WHOLE GRAIN ROLLED OATS, DATES, WHEAT FLOUR, MALTED BARLEY FLOUR, RICE FLOUR, PECANS, EXPELLER PRESSED CANOLA OIL, SALT, RICE SYRUP, MOLASSES, BHT ADDED TO PRESERVE FRESHNESS.

VITAMINS & MINERALS

REDUCED IRON, ZINC OXIDE, NIACINAMIDE (VITAMIN B3), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN D3, VITAMIN B12.

†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.

Post

Great Grains Red Berry Almond Crunch



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 210mg	9%
Total Carbohydrates 47g	17%
Dietary Fiber 4g	13%
Total Sugars 14g	
Incl. 13g Added Sugars	26%

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

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

Ingredients

Whole Grain Wheat, Rice, Cane Sugar, Whole Grain Rolled Oats, Almonds, Dried Strawberries, Expeller Pressed Canola Oil, Salt, Barley Malt Extract, Rice Syrup, Molasses, 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.