

Post

Great Grains – Banana Nut Crunch



15.5 oz

8 84912 11650 5

10 g total sugars in 59 g dry cereal meets sugar limits.

Serving size	1 cup (59g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	17%
Total Sugars 10g	
Incl. 9g Added Sugars	18%

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

INGREDIENTS

WHOLE GRAIN WHEAT, CANE SUGAR,
WHOLE GRAIN ROLLED OATS, RICE,
WALNUTS, ALMONDS, EXPELLER
PRESSED CANOLA OIL, DRIED BANANAS,
SALT, WHEAT FLOUR, MALTED BARLEY
FLOUR, RICE SYRUP, MOLASSES,
NATURAL FLAVOR, BHT ADDED TO
PRESERVE FRESHNESS.

Fortified

VITAMINS & MINERALS

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

Post

Great Grains – Cranberry Almond Crunch



14 oz. 8 84912 00237 2

12 g total sugars in 56 g dry cereal meets sugar limits.

Serving size	1 cup (56g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	15%
Total Sugars 12g	
Incl. 12g Added Sugars	24%

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

INGREDIENTS

WHOLE GRAIN WHEAT, CANE SUGAR, DRIED CRANBERRIES (CRANBERRIES, SUGAR, GLYCERIN, SUNFLOWER OIL), WHOLE GRAIN ROLLED OATS, ALMONDS, RICE, EXPELLER PRESSED CANOLA OIL, SALT, WHEAT FLOUR, MALTED BARLEY FLOUR, RICE SYRUP, MOLASSES, CITRIC ACID, NATURAL FLAVOR, BHT ADDED TO PRESERVE FRESHNESS.

Fortified

VITAMINS & MINERALS

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

Post

Great Grains – Crunchy Pecan



16 oz

UPC : 884912002358 884912126016

8 g total sugars in 55 g dry cereal meets sugar limits.

Serving size	3/4 cup (55g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 6g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	17%
Total Sugars 8g	
Incl. 5g Added Sugars	9%

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

INGREDIENTS

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

Fortified

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.