

Quaker

Mighty Life – Strawberry Blueberry Bliss



Serving Size		1 Cup (55g)
Amount Per Serving		
Calories		210
		% Daily Value *
Total Fat	2.5 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	125 mg	5%
Total Carbohydrate	43 g	16%
Dietary Fiber	4 g	14%
Total Sugars	9 g	
Includes Added Sugars	9 g	18%

9 grams added sugars in 55 grams cereal meets sugar limits.

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

35g
of Whole
Grains
per serving

INGREDIENTS: Whole grain oat flour, corn flour, sugar, whole wheat flour, natural flavor, calcium carbonate, salt, baking soda, ascorbic acid (vitamin C), tocopherols (to preserve freshness), reduced iron, zinc oxide, cholecalciferol (vitamin D3), niacinamide*, carrot juice concentrate (color), blueberry juice concentrate (color), annatto (color), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*.

*One of the B vitamins.

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Mighty Life Very Vanilla



Serving size		1 cup (55g)	
	Cereal alone	with 2/3 cup of Vit. A & D fortified skim milk	
Calories	200	260	
	% DV*	% DV*	
Total Fat	2.5g 3%	2.5g 3%	
Saturated Fat	0g 0%	0.5g 3%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	<5mg 1%	
Sodium	125mg 5%	190mg 8%	
Total Carb.	42g 15%	51g 18%	
Dietary Fiber	4g 13%	4g 13%	
Total Sugars	9g	18g	
Incl. Added Sugars	9g 18%	9g 18%	

9 grams added sugar in 55 grams cereal meets sugar limits.

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

Ingredients

Whole Grain Oat Flour, Corn Flour, Sugar, Whole Wheat Flour, Calcium Carbonate, Natural Flavor, Salt, Baking Soda, Tocopherols (to Preserve Freshness), Reduced Iron, Niacinamide*, Annatto (Color), Cholecalciferol (Vitamin D3), Thiamine Mononitrate*, Pyridoxine Hydrochloride*, Riboflavin*, Folic Acid*, *One of the B Vitamins.