

That's Smart

Toasted Oats



12 oz.

UPC: 0193476000280

1 g total sugars in 38 g dry cereal meets sugar limits.

Serving size		1-1/4 cups (38g)	
		Cereal	Cereal with 1/2 cup skim milk
Calories		150	190
		% DV*	% DV*
Total Fat	2.5g	3%	2.5g 3%
Saturated Fat	0g	0%	0.5g 3%
Trans Fat	0g		0g
Polyunsaturated Fat	1g		1g
Monounsaturated Fat	1g		1g
Cholesterol	0mg	0%	<5mg 1%
Sodium	200mg	9%	250mg 11%
Total Carbohydrate	28g	10%	34g 12%
Dietary Fiber	4g	13%	4g 13%
Total Sugars	1g		7g
Incl Added Sugars	<1g	2%	1g 2%

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

Whole Oat Flour, Modified Corn Starch, Wheat Starch, Sugar, Salt, Calcium Carbonate, Oat Fiber, Tripotassium Phosphate, Tocopherols (Preservative), Annatto Extract (Color). Vitamins And Minerals: Vitamin C (Sodium Ascorbate), Reduced Iron, Vitamin A (Palmitate), Niacinamide, Zinc (Zinc Oxide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin D (Cholecalciferol), Vitamin B1 (Thiamine Hydrochloride), Folic Acid, Vitamin B12 (Cyanocobalamin).

Fortified