

General Mills

Cheerios – Berry Oat Crunch

Nutrition Facts

Serving size: 1 cup (54g)



Amount per serving	220
Calories	As Packaged
Food component / Nutrient	Amount As Packaged
Total Fat	5g
Saturated Fat	0.5g
Trans Fat	0g
Polyunsaturated Fat	1.5g
Monounsaturated Fat	2.5g
Cholesterol	0mg
Sodium	220mg
Total Carbohydrate	42g
Dietary Fiber	3g
Total Sugars	11g
Incl. Added Sugars	10g

11 g total sugars in 54 g dry cereal meets sugar limits.

The 1st ingredient is whole grain and the cereal is fortified.

Ingredients

Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Syrup, Modified Corn Starch, Canola and/or Sunflower Oil, Raspberry Puree, Whole Grain Rice, Corn Starch, Blueberry Puree, Strawberry Puree, Salt, Tripotassium Phosphate, Color (caramel color, vegetable and fruit juice, annatto extract), Natural Flavor, Rosemary Extract, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin B1 (thiamin mononitrate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B12, Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin D3.

Fortified

MAY CONTAIN WHEAT INGREDIENTS.