

Cheerios

Hearty Nut Medley – Maple cinnamon



Nutrition Facts

Serving size: 1 cup (54g)

Amount per serving	210	
Calories	As Packaged	
Food component / Nutrient	Amount As Packaged	% DV* As Packaged
Total Fat	6g	7%
Saturated Fat	1g	4%
Trans Fat	0g	—
Polyunsaturated Fat	2g	—
Monounsaturated Fat	2.5g	—
Cholesterol	0mg	0%
Sodium	210mg	9%
Total Carbohydrate	39g	14%
Dietary Fiber	6g	23%
Total Sugars	9g	—
Incl. Added Sugars	9g	17%

Total Sugars: 9 g in 54 g meets sugar limits

The first two grain ingredients are whole grain and the cereal is FORTIFIED, so it meets the rule of 3.

Ingredients: Whole Grain Oats, Whole Grain Wheat, Sugar, Almonds, Corn Syrup, Pumpkin Seeds, Soluble Corn Fiber, Canola and/or Sunflower Oil, Maple Syrup, Corn Starch, Salt, Cinnamon, Tripotassium Phosphate, Natural Flavor, Baking Soda, Annatto Extract Color. 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 B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Fortified