

Kellogg’s® Apple Jacks® made with 17g Whole Grain

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
1 serving per container		Total Fat 1g	1%	Total Carb. 34g	12%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 2g	9%
1 Container (40g)		Trans Fat 0g		Total Sugars 11g	
Calories		Cholesterol 0mg	0%	Incl. 11g Added Sugars	22%
per serving		Sodium 230mg	10%	Protein 3g	
150		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
		Vit. D 2.8mcg 10% • Calcium 0mg 0% • Iron 2.5mg 10% • Potas. 70mg 0%			
		Vit. C 10% • Thiamin 10% • Riboflavin 10% • Niacin 10%			
		Vit. B6 10% • Folate 55mcg DFE 10% (30mcg folic acid) • Vit. B12 10%			

Ingredients: Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, modified food starch, contains 2% or less of vegetable oil (hydrogenated coconut, soybean and/or cottonseed), oat fiber, salt, soluble corn fiber, degerminated yellow corn flour, dried apples, apple juice concentrate, cornstarch, cinnamon, natural flavor, modified corn starch, yellow 6, wheat starch, baking soda, yellow 5, red 40, blue 1, BHT for freshness. Vitamins and Minerals: Reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Kellogg’s® Frosted Mini Wheats® Original

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
1 serving per container		Total Fat 1.5g	2%	Total Carb. 60g	22%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 7g	25%
1 Container (71g)		Trans Fat 0g		Soluble Fiber <1g	
Calories		Cholesterol 0mg	0%	Insoluble Fiber 6g	
per serving		Sodium 10mg	0%	Total Sugars 15g	
250		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
		Incl. 14g Added Sugars 28%			
		Protein 6g 4%			
		Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 21.3mg 110% • Potas. 190mg 4% Thiamin 10% • Niacin 10% • Folate 470mcg DFE 110% (280mcg folic acid) Phosphorus 10% • Magnesium 10% • Zinc 10%			

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, CONTAINS 2% OR LESS OF BROWN RICE SYRUP, GELATIN. VITAMINS AND MINERALS: REDUCED IRON, FOLIC ACID. CONTAINS WHEAT INGREDIENTS.

Kellogg’s® Frosted Flakes®

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
1 serving per container		Total Fat 0g	0%	Total Carb. 53g	19%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 2g	6%
1 Container (60g)		Trans Fat 0g		Total Sugars 20g	
Calories		Cholesterol 0mg	0%	Incl. 19g Added Sugars	38%
per serving		Sodium 300mg	13%	Protein 3g	
220		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
		Vit. D 3.2mcg 15% • Calcium 0mg 0% • Iron 11.6mg 60% • Potas. 60mg 0%			
		Thiamin 30% • Riboflavin 30% • Niacin 30% • Vitamin B6 30% • Folate 190mcg DFE 45% (115mcg folic acid) • Vitamin B12 30%			

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt. Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Kellogg’s® Raisin Bran Crunch®

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
1 serving per container		Total Fat 1.5g	2%	Sodium 290mg	13%
Serving size		Saturated Fat 0g	0%	Total Carb. 68g	25%
1 Container (80g)		Trans Fat 0g		Dietary Fiber 7g	23%
Calories		Polyunsaturated Fat 0.5g		Total Sugars 28g	
per serving		Monounsaturated Fat 0g		Incl. 19g Added Sugars	38%
280		Cholesterol 0mg	0%	Protein 5g	
		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
		Vit. D 0mcg 0% • Calcium 30mg 2% • Iron 1.5mg 8%			
		Potas. 410mg 8% • Niacin 20% • Phosphorus 10% • Magnesium 10%			
		Zinc 10% • Copper 25% • Manganese 80%			

Ingredients: Whole grain wheat, sugar, rice, raisins, wheat bran, whole grain oats, brown sugar syrup, vegetable glycerin. Contains 2% or less of corn syrup, salt, natural flavor, modified corn starch, molasses, palm oil, cinnamon, honey, mixed tocopherols (vitamin E) for freshness. CONTAINS WHEAT INGREDIENTS.

Kellogg’s® Fruit Loops® made with 16g Whole Grain

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
1 serving per container		Total Fat 1g	1%	Total Carb. 32g	12%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 2g	8%
1 Container (38g)		Trans Fat 0g		Total Sugars 11g	
Calories		Cholesterol 0mg	0%	Incl. 11g Added Sugars	22%
per serving		Sodium 220mg	10%	Protein 2g	
140		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
		Vit. D 2.7mcg 10% • Calcium 0mg 0% • Iron 2.4mg 10% • Potas. 60mg 0%			
		Vit. C 10% • Thiamin 10% • Riboflavin 10% • Niacin 10%			
		Vit. B6 10% • Folate 50mcg DFE 10% (30mcg folic acid) • Vit. B12 10%			

INGREDIENTS: CORN FLOUR BLEND (WHOLE GRAIN YELLOW CORN FLOUR, DEGERMINATED YELLOW CORN FLOUR), SUGAR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF HYDROGENATED VEGETABLE OIL (COCONUT, SOYBEAN AND/OR COTTONSEED), OAT FIBER, SALT, SOLUBLE CORN FIBER, NATURAL FLAVOR, RED 40, TURMERIC EXTRACT COLOR, BLUE 1, YELLOW 6, ANNATTO EXTRACT COLOR, BHT FOR FRESHNESS. VITAMINS AND MINERALS: VITAMIN C (SODIUM ASCORBATE AND ASCORBIC ACID), NIACINAMIDE, REDUCED IRON, ZINC OXIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B12, VITAMIN D3. CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT MAY CONTAIN TRACES OF SOYBEANS.

Kellogg’s® Rice Krispies®

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
1 serving per container		Total Fat 0g	0%	Total Carb. 33g	12%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 0g	0%
1 Container (37g)		Trans Fat 0g		Total Sugars 4g	
Calories		Cholesterol 0mg	0%	Incl. 4g Added Sugars	8%
per serving		Sodium 190mg	8%	Protein 2g	
140		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
		Vit. D 2.7mcg 10% • Calcium 0mg 0% • Iron 10.3mg 50% • Potas. 30mg 0%			
		Thiamin 25% • Riboflavin 25% • Niacin 25% • Vitamin B6 25%			
		Folate 185mcg DFE 45% (110mcg folic acid) • Vitamin B12 25%			

Ingredients: Rice, sugar, contains 2% or less of salt, malt flavor. Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.