

Nutrition Facts

Serving size

1 cup (42g)

Calories

Cereal
alone

with 2/3 cup of
Vit. A & D fortified
skim milk

160

210

% DV*

% DV*

Total Fat

2g **2%**

2g **3%**

Saturated Fat

0g **0%**

0g **0%**

Trans Fat

0g

0g

Polyunsaturated Fat

0.5g

0.5g

Monounsaturated Fat

0.5g

0.5g

Cholesterol

0mg **0%**

<5mg **1%**

Sodium

210mg **9%**

280mg **12%**

Total Carb.

33g **12%**

41g **15%**

Dietary Fiber

3g **10%**

3g **10%**

Total Sugars

8g

16g

Incl. Added Sugars

8g **16%**

8g **16%**

Protein

4g

10g

Vitamin D

0mcg 0%

2mcg 8%

Calcium

150mg 10%

350mg 25%

Iron

13.2mg 70%

13.2mg 70%

Potassium

110mg 2%

360mg 6%

Thiamin

0.3mg 25%

0.4mg 35%

Riboflavin

0.3mg 25%

0.7mg 50%

Niacin

4mg 25%

4.8mg 30%

Vitamin B₆

0.4mg 25%

0.5mg 30%

Folate DFE

240mcg 60%

240mcg 60%

Folic Acid

(135mcg)

(135mcg)

Phosphorus

130mg 10%

310mg 25%

* 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.