

# Cookie Crisp Sprinkles

## Nutrition Facts

Serving Size ¼ cup (27g)  
Servings Per Container About 13

Amount Per Serving	Sprinkles Cookie Crisp	with ¼ cup skim milk
<b>Calories</b>	100	140
Calories from Fat	10	10

	% Daily Value**	
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 150mg	<b>6%</b>	<b>9%</b>
<b>Potassium</b> 40mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>	<b>10%</b>
Dietary Fiber 1g	<b>5%</b>	<b>5%</b>
Sugars 10g		
Other Carbohydrate 12g		

<b>Protein</b> 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	25%	25%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	4%	15%
Magnesium	2%	6%
Zinc	25%	30%

\* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 210mg sodium, 240mg potassium, 29g total carbohydrate (16g sugars) and 5g protein.

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**INGREDIENTS:** WHOLE GRAIN CORN, SUGAR, CORN MEAL, BROWN SUGAR, CORN CEREAL, SALT, CANOLA AND/OR RICE BRAN OIL, CORN SYRUP, TRICALCIUM PHOSPHATE, TRISODIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, YELLOW 6, BLUE 1, RED 40 AND OTHER COLOR ADDED. BHT ADDED TO PRESERVE FRESHNESS.

**VITAMINS AND MINERALS:** CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B<sub>12</sub>, VITAMIN D<sub>3</sub>.

DIST. BY **General Mills Cereals, LLC**, MINNEAPOLIS, MN 55440 USA

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Exchange: 1½ Starch  
Exchange calculations based on Choose Your Foods: Exchange Lists for Diabetes ©2008 the American Dietetic Association, the American Diabetes Association.

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.