

# FROSTED Cheerios®

## Nutrition Facts

Serving Size ¼ cup (28g)  
Servings Per Container about 17

Amount Per Serving	Frosted Cheerios	with ½ cup skim milk
<b>Calories</b>	110	150
Calories from Fat	10	10
% Daily Value**		
<b>Total Fat 1g*</b>	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>1%</b>
<b>Sodium 170mg</b>	<b>7%</b>	<b>10%</b>
<b>Potassium 55mg</b>	<b>2%</b>	<b>7%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>	<b>10%</b>
Dietary Fiber 2g	6%	6%
Sugars 10g		
Other Carbohydrate 11g		
<b>Protein 2g</b>		
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	50%	50%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	6%	15%
Magnesium	4%	8%
Zinc	25%	30%

\* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat (0.5g saturated fat, 0.5g monounsaturated fat), less than 5mg cholesterol, 240mg sodium, 260mg potassium, 29g total carbohydrate (16g sugars) and 6g 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:

	Calories	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 Oats** (includes the oat bran), **Sugar, Corn Meal, Modified Corn Starch, Corn Syrup, Salt, Brown Sugar Syrup, Trisodium Phosphate, Color Added, Vanillin, Vitamin E** (mixed tocopherols) **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.**  
**MAY CONTAIN WHEAT INGREDIENTS.**

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If you are not satisfied with the quality of this product, a prompt refund or adjustment of equal value will be made. Your comments and questions are welcome. Save or send your box top and ...

CALL: 1-800-328-1144 (7:30 AM-5:30 PM CT, Weekdays)

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Exchange: 1 1/2 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.

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