GMI Child Marketed Products
February 2020

Cereals Category:
1. Original Cheerios cereal
2. Chocolate Lucky Charms cereal
3. Chocolate Toast Crunch cereal
4. Cinnamon Toast Crunch cereal
5. Cinnamon Toast Crunch Churros cereal
6. Cocoa Puffs cereal
7. Cookie Crisp cereal
8. Fruity Lucky Charms cereal
9. Honey Nut Cheerios cereal
10. Lucky Charms cereal
11. Lucky Charms Frosted Flakes cereal
12. Maple Cheerios cereal
13. Multigrain Cheerios cereal
14. Trix cereal
Cheerios cereal

Nutrition Facts

About 6 servings per container (age 4+ years)
About 12 servings per container (age 1-3 years)

Serving size 1 1/2 cup [39g] (age 4+ years)
3/4 cup [20g] (age 1-3 years)

Calories 140
Calories with cup skin 190
Age 1-3 years 70

% DV** % DV** % DV***
Total Fat 2.5g 3% 4% 4%
Saturated Fat 0.5g 3% 4% 0%
Trans Fat 0g 0% 0% 0%
Polyunsaturated Fat 1g 0% 0% 0%
Monounsaturated Fat 1g 0% 0% 0%
Cholesterol 0mg 0% 0% 0%
Sodium 180mg 8% 11% 7%
Total Carbohydrate 29g 11% 13% 10%
Dietary Fiber 4g 14% 14% 14%
Soluble Fiber 1g 14% 14% 14%
Total Sugars 2g 4% 4% 3%
Incl. Added Sugars 2g 4% 4% 3%

Protein 5g

Vitamin D 2mcg 10% 15% 6%
Calcium 130mg 10% 20% 8%
Iron 12.6mg 70% 70% 90%
Potassium 250mg 6% 8% 4%

Vitamin A 10% 20% 15%
Vitamin C 10% 10% 30%
Thiamin 20% 25% 20%
Niacin 10% 10% 10%
Vitamin B6 10% 20% 30%
Folate (45mcg folic acid) 20% 20% 25%

Vitamin B12 20% 30% 25%
Phosphorus 10% 20% 15%
Magnesium 15% 15% 35%
Zinc 20% 20% 35%

Amount in cereal. A serving of cereal plus skim milk provides 1g Total Fat (1g Saturated Fat, less than 1g Cholesterol, 230mg Sodium, 12mg Iron, and 450mg Potassium).

Amount in serving size for age 4+. A serving of Cheerios for children 1-3 years of age provides 1.5g Total Fat (0.5g Saturated Fat, 0mg Cholesterol, 0mg Sodium, 0mg Potassium).

* 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.

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,600 calories a day is used for general nutrition advice for children 4-8 years.

*** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,600 calories a day is used for general nutrition advice for children 4-8 years.

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, 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), Vitamin B6, pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B2, (riboflavin mononitrate), A, B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Distributed by General Mills Sales, Inc., Minneapolis, MN 55440 USA

Gluten Free

Not made with genetically modified ingredients.*

* Trace amounts of genetically modified (also known as "genetically engineered") material may be present due to potential cross contact during manufacturing and shipping.

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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.

F 3075548301 SSN 3524982301
### Chocolate Lucky Charms Cereal

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 cup (36g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>140</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>1.5g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>190mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>35g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>2g</td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>12g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>2g</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>20%</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Thiamin</strong></td>
<td>20%</td>
</tr>
<tr>
<td><strong>Riboflavin</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Niacin</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Vitamin B6</strong></td>
<td>20%</td>
</tr>
<tr>
<td><strong>Folate</strong></td>
<td>20%</td>
</tr>
<tr>
<td><strong>Phosphorus</strong></td>
<td>8%</td>
</tr>
<tr>
<td><strong>Magnesium</strong></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Zinc</strong></td>
<td>20%</td>
</tr>
</tbody>
</table>

*Amount in cereal. A serving of cereal plus 1/2 cup milk provides 1.5g Total Fat, less than 1mg Cholesterol, 250mg Sodium, 35g Total Carbohydrate (19g Total Sugars), 6g Protein, 3mcg Vitamin D, 760mg Calcium, 3.6mg Iron, 250mg Potassium.

** 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.

** Ingredients:** Whole Grain Corn, Sugar, Corn Syrup, Canola Oil. Contains 2% or less of: Dextrose, Cocoa Processed With Alkali, Yellow 5 & 6, Red 40, Blue 1 and Other Color Added. Modified Corn Starch, Corn Starch, Salt, Gelatin, Fructose, Natural And Artificial Flavor, Trisodium Phosphate.

** Vitamins and Minerals:** Calcium Carbonate, Tricalcium Phosphate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A & B Vitamin (niacinamide), Vitamin B6 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A & B Vitamin (folic acid), Vitamin B12, Vitamin D3.

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**Contains Bioengineered Food Ingredients**

Learn more at Ask.GeneralMills.com

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F 360924779 SS 3819734779
Chocolate Toast Crunch cereal

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size: 1 cup (41g)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories</th>
<th>180</th>
<th>with % cup (38g)</th>
<th>220</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily</td>
<td>5%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1g</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1g</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>170mg</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Added Sugars</td>
<td>7g</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin D | 2mcg | 10% |
| Calcium | 130mg | 10% |
| Iron | 3.6mg | 20% |
| Potassium | 130mg | 2% |
| Vitamin A | 10% | 15% |
| Vitamin C | 10% | 10% |
| Thiamin | 10% | 10% |
| Riboflavin | 10% | 10% |
| Niacin | 10% | 10% |
| Vitamin B6 | 10% | 10% |
| Folate (45mcg folic acid) | 10% | 20% |
| Vitamin B12 | 10% | 20% |
| Phosphorus | 8% | 15% |
| Magnesium | 6% | 8% |
| Zinc | 20% | 20% |

Amount in cereal. A serving of cereal plus skim milk provides 1/2 of Daily Value for 6 nutrients.

Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Fructose, Maltodextrin, Cocoa Processed With Alkali, Salt, Dextrose, Coconut Oil, Soy Lecithin, Trisodium Phosphate, Cinnamon, Natural Flavor. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Calcium C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B12 (cyanocobalamin), Vitamin A (palmitate), Vitamin B1 (thiamine mononitrate), Vitamin B9 (folic acid), Vitamin D3, Vitamin D2.

CONTAINS SOY AND WHEAT INGREDIENTS.

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Partially Produced with Genetic Engineering. Learn more at AskGeneralMills.com
**Cinnamon Toast Crunch cereal**

![Nutrition Facts](image)

**Ingredients:** Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6, (pyridoxine hydrochloride), Vitamin B12, (thiamin mononitrate), Vitamin A (palmitate), Vitamin B7, (riboflavin), A B Vitamin (thiamin), Vitamin B9, Vitamin D3, CONTAINS SOY AND WHEAT INGREDIENTS.

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Cinnamon Toast Crunch Churros cereal
# Cocoa Puffs cereal

![Cocoa Puffs cereal](image)

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 cup (36g)</th>
<th>with 1/4 cup size milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
<td>190</td>
</tr>
<tr>
<td>Fat</td>
<td>2g%</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g%</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0.5g</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>120mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g%</td>
<td>7%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
<td>23%</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>12g</td>
<td>23%</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Ingredients:** Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali, Canola Oil, Caramel Color, Fructose, Salt, Refiner's Syrup, Baking Soda, Natural Flavor.

**Vitamins and Minerals:** Tricalcium Phosphate, Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

**MAY CONTAIN WHEAT INGREDIENTS.**

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1-800-328-1144
Cookie Crisp cereal

Nutrition Facts

Calories 140
Total Fat 1.5g**
Saturated Fat 0g
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 0.5g
Cholesterol 0mg
Sodium 150mg
Total Carbohydrate 31g
Dietary Fiber 2g
Total Sugars 12g
Incl. Added Sugars 12g
Protein 2g

Vitamin D 2mcg
Calcium 130mg
Iron 3.6mg
Potassium 0mg
Vitamin A 10%
Vitamin C 10%
Thiamin 20%
Riboflavin 10%
Niacin 10%
Vitamin B6 20%
Folate (45mcg folic acid) 20%
Vitamin B12 20%
Phosphorus 6%
Magnesium 4%
Zinc 20%

*Amounts in cereals are based on 2 cups
**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.

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Yellow Corn Flour, Canola Oil, Cocoa Processed With Alkali, Corn Syrup, Brown Sugar Syrup, Salt, Caramel Color, Baking Soda, Natural Flavor.

Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B12 (cyanocobalamin), Vitamin A (palmitate), Vitamin B3 (riboflavin), Vitamin B1 (thiamine), Vitamin B2, Vitamin B6, Vitamin D3.

May contain wheat ingredients.

Contains Bioengineered Food Ingredients.
Fruity Lucky Charms cereal

**Nutrition Facts**

About 16 servings per container

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (36g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140</td>
</tr>
<tr>
<td>% Daily*</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
</tr>
<tr>
<td>% Daily**</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>230mg</td>
</tr>
<tr>
<td>% Daily***</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>12g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
</tbody>
</table>

### Vitamin and Mineral Content

- Vitamin D: 10% (10% of the DV)
- Calcium: 100mg (10% of the DV)
- Iron: 3mg (20% of the DV)
- Potassium: 0mg (0% of the DV)
- Thiamin: 10% (10% of the DV)
- Riboflavin: 10% (10% of the DV)
- Niacin: 10% (10% of the DV)
- Vitamin B6: 20% (20% of the DV)
- Folate (45mcg folic acid): 100% (100% of the DV)
- Vitamin B12: 10% (10% of the DV)
- Phosphorus: 8% (15% of the DV)
- Magnesium: 0% (0% of the DV)
- Zinc: 20% (20% of the DV)

*Amount per serving. A serving of cereal and milk with provides 11g of Fat, 5g Cholesterol, 240mg Sodium, 3g Total Carbohydrate (10g Total Sugars), 4g Protein, 240mg Calcium, 200mg Potassium. 160mg of calcium is derived from Daily Value of a whole cup servings of cereal and milk.

**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.

### Ingredients

- Whole Grain, Corn, Sugar, Corn Syrup, Corn Starch, Dextrose, Contains 2% or less of: Modified Corn Starch, Salt, Canola Oil, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural and Artificial Flavor, Citric Acid, Malic Acid.

### Vitamins and Minerals

- Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (minerals nutrients), A B Vitamin (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B12 (cyanocobalamin), Vitamin A (palmitate), Vitamin D (cholecalciferol), Vitamin E (tocoferol)d.

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Contains Bioengineered Food Ingredients
Learn more at Aus.GeneralMills.com

*General Mills Patent: generalmills.com/patent

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Honey Nut Cheerios cereal
Lucky Charms cereal

Nutritional Facts

Calories 140
Total Fat 1.5g
Saturated Fat 0g
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 0.5g
Cholesterol 0mg
Sodium 230mg
Total Carbohydrate 30g
Dietary Fiber 2g
Total Sugars 12g
Incl. Added Sugars 12g
Protein 3g

% DV**
2% 0%
2% 0%
1% 1%
12% 12%
11% 13%
7% 8%
24% 24%

** The % Daily Value (DV) tells you how much a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural And Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals:
Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Contains Biologically Engineered Food Ingredients

Gluten Free

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Lucky Charms Frosted Flakes cereal

Nutrition Facts
About 9 servings per container

Serving size 1 cup (41g)

Calories 150 **
Calories from Fat 20%

Total Fat 1g* 1% 1%
Saturated Fat 0g 0% 0%
Trans Fat 0g 0%
Cholesterol 0mg 0% 0%
Sodium 220mg 10% 12%

Total Carbohydrate 35g 13% 15%
Dietary Fiber 1g 5% 9%
Total Sugars 12g
Incl. Added Sugars 12g 24% 24%

Protein 2g

Vitamin D 0mcg 0% 8%
Calcium 130mg 10% 20%
Iron 3.6mg 20% 20%
Potassium 0mg 0% 4%

Vitamin A 0% 8%
Vitamin C 0% 0%
Folic Acid 10% 10%
Niacin 10% 10%

Vitamin B6 20% 20%
Folate (45mcg folic acid)
Phosphorus 0% 8%
Magnesium 0% 4%
Zinc 20% 20%

* Amount in cereal. A serving of cereal plus milk milk provides 1g Total Fat, 0mg Cholesterol, 270mg Sodium, 0g Refined Carbohydrate, 12g Total Sugars, 1g Protein, 1mg Vitamin D, 32mg Calcium, 2mg Folic Acid.
** 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.

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Corn Starch, Contains 2% or less of: Salt, Dextrose, Malt Syrup, Refiner's Syrup, Gelatin, Baking Soda, Natural and Artificial Flavor, Red 40, Yellow 5, Blue 1, Yellow 6, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), A B Vitamin (folic acid).

MAY CONTAIN WHEAT INGREDIENTS.

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Contains Bioengineered Food Ingredients

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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.
Multigrain Cheerios cereal

Nutrition Facts

About 6 servings per container
Serving size 1 1/3 cup (39g)

Calories 150
Calories from Fat 80

Total Fat 1.5g* (2%)
Saturated Fat 0g (0%)
Trans Fat 0g
Cholesterol 0mg (0%)
Sodium 190mg (8%)
Total Carbohydrate 25g (8%)
Dietary Fiber 4g (16%)
Sugars 8g
Protein 3g

Vitamin D 12mcg (100%)
Calcium 130mg (10%)
Iron 1mg (100%)
Potassium 170mg (4%)
Vitamin A 10% (15%)
Vitamin C 10% (10%)
Thiamin 100% (100%)
Riboavin 100% (120%)
Niacin 100% (100%)
Folate 100% (100%)
Folic acid (235mcg folic acid) 100%

Vitamin B1 100% (120%)
Pantothenic acid 100% (100%)
Phosphorus 8% (15%)
Magnesium 6% (8%)
Vitamin A 100% (100%)

Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Whole Grain Rice, Corn Bran, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color, annatto extract), Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), A, B Vitamin (niacinamide), Vitamin C (sodium ascorbate), A B Vitamin (calcium pantothenate), Vitamin B6, (pyridoxine hydrochloride), Vitamin B12 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B6, Vitamin A (palmitate), Vitamin D.

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Contains Bioengineered Food Ingredients.
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Gluten Free

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F 3105549126 SGD 31055078126
Maple Cheerios Cereal

Nutrition Facts
About 8 servings per container

Serving size 1 cup (36g)

Calories 140 180

- Total Fat 2g* 2% 3%
- Saturated Fat 0g 0%
- Trans Fat 0g
- Polyunsaturated Fat 0.5g
- Monounsaturated Fat 0.5g
- Cholesterol 0mg 0%
- Sodium 160mg 7% 9%
- Total Carbohydrate 29g 11% 13%
- Dietary Fiber 3g 9% 9%
- Soluble Fiber < 1g
- Total Sugars 11g
- Incl. Added Sugars 11g 22% 22%

Protein 3g

- Vitamin B9 2mcg 10% 15%
- Calcium 130mg 10% 20%
- Iron 3.6mg 20% 20%
- Potassium 150mg 4% 8%
- Vitamin A 10% 20%
- Vitamin C 10% 10%
- Thiamin 20% 25%
- Riboflavin 10% 25%
- Niacin 10% 10%
- Vitamin B6 20% 20%
- Folate (45mcg folic acid) 20% 20%
- Vitamin B12 20% 30%
- Phosphorus 8% 15%
- Magnesium 8% 10%
- Zinc 20% 20%

* Amount in cereal. A serving of cereal plus 1 cup (8 fl oz) milk provides 2g Total Fat (0.5g Saturated Fat, less than 1mg Cholesterol, 210mg Sodium, 35g Total Carbohydrate (17g Dietary Fiber, 7g Sugars, 3mcg Vitamin D), 260mg Calcium, 3.6mg Iron, and 340mg Potassium.

** 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.


Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3, Vitamin B9.

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GLUTEN FREE

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F 3380467108 SSG 3514968108
Trix cereal

Nutrition Facts

About 8 servings per container

Serving size 1 ¾ cup (39g)

Calories 160

Calories from Fat 2g

Total Fat 2g* 3%* 3%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Cholesterol 0mg 0% 0%

Sodium 180mg 8% 10%

Total Carbohydrate 33g 12% 14%

Dietary Fiber 1g 5% 9%

Total Sugars 12g

Includes Added Sugars 12g 24% 24%

Protein 2g

Vitamin D 10mcg 100% 100%

Calcium 130mg 10% 10%

Iron 3.6mg 20% 20%

Potassium 499mg 12% 14%

Vitamin A 10% 10%

Vitamin C 10% 10%

Thiamin 20% 20%

Riboflavin 10% 10%

Niacin 10% 10%

Vitamin B6 20% 20%

Folate (as folic acid) 20% 20%

Vitamin B12 20% 20%

Phosphorus 6% 15%

Magnesium 4% 6%

Zinc 2% 20%

* Amount of cereal. A serving of cereal grains alone is provided:

2g Total Fat, less than 1mg Cholesterol, 225mg Sodium, 36g Total Carbohydrate, 17g Total Sugars, 3g Protein, 3 mg

Vitamin D, 325mcg Calcium, 21mg Potassium.

* 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.

Ingredients: Whole Grain Corn, Sugar, Rice Flour, Corn Syrup,

Canola Oil, Salt, Trisodium Phosphate, Natural And

Artificial Flavor, Red 40, Yellow 6, Blue 1 and Other Color.

Added, Citric Acid, Malic Acid.

Vitamins and Minerals: Calcium Carbonate, Tricalcium

Phosphate, Vitamin C (sodium ascorbate), Iron and Zinc

(mineral nutrients), A B Vitamin (niacinamide), Vitamin B6,

(pyridoxine hydrochloride), Vitamin B12 (riboflavin), Vitamin

B6 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin

(folic acid), Vitamin B12, Vitamin D3.

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