

# Kellogg's Froot Loops

## Nutrition Facts

About 2 servings per container

**Serving size 1 1/3 Cup (39g)**

	Cereal	with 3/4 cup skim milk
<b>Calories</b>	<b>150</b>	<b>210</b>
	<b>% DV*</b>	<b>% DV*</b>
<b>Total Fat</b>	1.5g <b>2%</b>	1.5g <b>2%</b>
Saturated Fat	0.5g <b>3%</b>	1g <b>5%</b>
Trans Fat	0g	0g
Polyunsat. Fat	0g	0g
Monounsat. Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	<5mg <b>1%</b>
<b>Sodium</b>	210mg <b>9%</b>	280mg <b>12%</b>
<b>Total Carb.</b>	34g <b>12%</b>	43g <b>16%</b>
Dietary Fiber	2g <b>8%</b>	2g <b>8%</b>
Total Sugars	12g	22g
Incl. Added Sugars	12g <b>24%</b>	12g <b>24%</b>
<b>Protein</b>	2g	8g
Vitamin D	2mcg 10%	4.2mcg 20%
Calcium	0mg 0%	220mg 15%
Iron	4.5mg 25%	4.5mg 25%
Potassium	60mg 0%	340mg 6%
Vitamin C	25%	25%
Thiamin	20%	25%
Riboflavin	20%	45%
Niacin	20%	25%
Vitamin B <sub>6</sub>	20%	20%
Folate (folic acid)	20% (45mcg)	20% (45mcg)
Vitamin B <sub>12</sub>	20%	50%

\* 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:** 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, maltodextrin, salt, soluble corn fiber, natural flavor, red 40, yellow 5, blue 1, yellow 6, BHT for freshness.

**Vitamins and Minerals:** Vitamin C (ascorbic acid), reduced iron, niacinamide, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), folic acid, vitamin D<sub>3</sub>, vitamin B<sub>12</sub>.

**CONTAINS WHEAT INGREDIENTS.**

# Kellogg's Honey Nut Frosted Flakes

## Nutrition Facts/Datos de Nutrición

About 10 servings per container/aprox. 10 raciones por envase

Serving size/Tamaño por ración 1 Cup/1 Taza (38g)

Amount per serving/Cantidad por ración	Cereal/ CEREAL		with 1/4 cup skim milk/ con 1/4 taza de leche descremada	
	% DV**	% DV**	% DV**	% DV**
<b>Calories/Calorías</b>	<b>140</b>		<b>200</b>	
<b>Total Fat/Grasa Total</b>	0g	0%	0g	0%
Saturated Fat/Grasa Saturada	0g	0%	0g	0%
Trans Fat/Grasa Trans	0g		0g	
Polyunsaturated Fat/Grasa Poliinsaturada	0g		0g	
Monounsaturated Fat/Grasa Monoinsaturada	0g		0g	
<b>Cholesterol/Coolesterol</b>	0mg	0%	<5mg	1%
<b>Sodium/Sodio</b>	210mg	9%	290mg	13%
<b>Total Carbohydrate/Carbohidrato Total</b>	33g	12%	42g	15%
Dietary Fiber/Fibra Dietética	<1g	3%	<1g	3%
Total Sugars/Azúcares Totales	12g		21g	
Incl. Added Sugars/Incl. azúcares añadidos	12g	24%	12g	24%
<b>Protein/Proteínas</b>	2g		8g	
Vitamin D/Vitamina D	2mcg	10%	4,2mcg	20%
Calcium/Calcio	0mg	0%	220mg	15%
Iron/Hierro	7,2mg	40%	7,2mg	40%
Potassium/Potasio	50mg	0%	330mg	6%
Thiamin/Tiamina		20%		25%
Riboflavin/Riboflavina		20%		45%
Niacin/Niacina		20%		25%
Vitamin B6/Vitamina B6		20%		20%
Folate/Folato (folic acid/ácido fólico)		30%		30%
Vitamin B12/Vitamina B12		20%		50%

\* 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. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

**Ingredients: Milled corn, sugar, honey, malt flavor, contains 2% or less of molasses, salt, natural 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.

**Ingredientes: Maíz molido, azúcar, miel, sabor malta, contiene 2% o menos de melaza, sal, sabor natural.**

**Vitaminas y Minerales:** Hierro (fosfato férrico), niacinamida, vitamina B6 (clorhidrato de piridoxina), vitamina B2 (riboflavina), vitamina B1 (clorhidrato de tiamina), ácido fólico, vitamina D3, vitamina B12.

# Kellogg's Pop-Tarts® Crisps Frosted Blueberrific

## Nutrition Facts

6 servings per container  
Serving size 1 Pouch (28g)

Amount per serving  
**Calories 120**

		% Daily Value*
<b>Total Fat</b> 3g		<b>4%</b>
Saturated Fat 1.5g		<b>8%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 80mg		<b>3%</b>
<b>Total Carbohydrate</b> 21g		<b>8%</b>
Dietary Fiber <1g		<b>4%</b>
Total Sugars 9g		
Includes 8g Added Sugars		<b>16%</b>

**Protein** 1g

Vitamin D 0mcg 0% • Calcium 10mg 0%  
Iron 0.4mg 2% • Potassium 30mg 0%

\*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 WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), VEGETABLE OIL (SOYBEAN, PALM AND/OR PALM KERNEL OIL), GLYCERIN, FRUCTOSE, DEXTROSE, MALTODEXTRIN.**

**CONTAINS 2% OR LESS OF** BLUEBERRY PUREE CONCENTRATE, APPLE POWDER, NONFAT MILK, REDUCED MINERALS WHEY, MODIFIED CORN STARCH, CORNSTARCH, INVERT SUGAR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SOY LECITHIN, SALT, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, DATEM, CITRIC ACID, MALIC ACID, SODIUM CITRATE, YELLOW CORN FLOUR, COLOR ADDED, CELLULOSE GUM, MONO- AND DIGLYCERIDES, SODIUM ALGINATE, TRICALCIUM PHOSPHATE, XANTHAN GUM, TURMERIC EXTRACT COLOR, RED 40, BLUE 1, BLUE 2, BHT FOR FRESHNESS.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

# Kellogg's Pop-Tarts® Crisps Frosted Brown Sugar Cinnamazing

## Nutrition Facts

6 servings per container

**Serving size 1 Pouch (28g)**

Amount per serving

**Calories 120**

**% Daily Value\***

**Total Fat 3g 4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 80mg 3%**

**Total Carbohydrate 21g 8%**

Dietary Fiber <1g **3%**

Total Sugars 9g

Includes 8g Added Sugars **16%**

**Protein 1g**

Vitamin D 0mcg 0% • Calcium 10mg 0%

Iron 0.4mg 2% • Potassium 30mg 0%

\*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 WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN, PALM AND/OR PALM KERNEL OIL), FRUCTOSE, GLYCERIN, MALTODEXTRIN, DEXTROSE, RICE FLOUR, CONTAINS TWO PERCENT OR LESS OF MODIFIED FOOD STARCH, BROWN SUGAR (SUGAR, MOLASSES), NONFAT MILK, REDUCED MINERAL WHEY, INVERT SUGAR, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, SALT, CELLULOSE GEL, DATEM, MOLASSES, CELLULOSE GUM, SODIUM CITRATE, SOY LECITHIN, NATURAL FLAVORS, MONO- AND DIGLYCERIDES, SODIUM ALGINATE, XANTHAN GUM, CITRIC ACID, MALIC ACID, CARAMEL COLOR, YELLOW 5 LAKE, YELLOW 6 LAKE, RED 40 LAKE, BLUE 1 LAKE, BLUE 2 LAKE, BHT FOR FRESHNESS.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

# Kellogg's Pop-Tarts® Crisps Frosted Strawberrylicious

## Nutrition Facts

6 servings per container

**Serving size 1 Pouch (28g)**

Amount per serving

**Calories 110**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 80mg **3%**

**Total Carbohydrate** 21g **8%**

Dietary Fiber <1g **3%**

Total Sugars 9g

Includes 9g Added Sugars **18%**

**Protein** 1g

Vitamin D 0mcg 0% • Calcium 10mg 0%

Iron 0.4mg 2% • Potassium 30mg 0%

\*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 WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), VEGETABLE OIL (SOYBEAN, PALM AND/OR PALM KERNEL OIL), FRUCTOSE, VEGETABLE GLYCERIN, DEXTROSE, MALTODEXTRIN, CONTAINS TWO PERCENT OR LESS OF MODIFIED CORN STARCH, NONFAT MILK, REDUCED MINERAL WHEY, STRAWBERRY PUREE CONCENTRATE, APPLE POWDER, CORNSTARCH, INVERT SUGAR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SOY LECITHIN, SALT, DATEM, CELLULOSE GEL, NATURAL AND ARTIFICIAL FLAVORS, MONO- AND DIGLYCERIDES, CELLULOSE GUM, CITRIC ACID, SODIUM CITRATE, MALIC ACID, YELLOW CORN FLOUR, SODIUM ALGINATE, XANTHAN GUM, CARAMEL COLOR, TURMERIC EXTRACT COLOR, COLOR ADDED, RED 40, BLUE 1, BHT FOR FRESHNESS.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**