

Nutrition Facts

About X servings per container

Serving size 1 cup (36g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 29g 11%

Dietary Fiber 2g 8%

Total Sugars 12g

Includes 12g Added Sugars 23%

Protein 3g

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 5.4mg 30%

Potassium 90mg 0%

Thiamin 60%

Niacin 10%

Vitamin B6 10%

Folate 30mcg DFE 8%
(20mcg folic acid)

Pantothenic Acid 15%

Phosphorus 8%

Zinc 15%

* 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 Oat Flour, Sugar, Wheat Starch, Calcium Carbonate, Salt, Trisodium Phosphate, Natural Flavor, Annatto (color), BHT added to preserve freshness.

Vitamins and Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

CONTAINS WHEAT.

Post Consumer Brands
AlphaBits® Cereal

Nutrition Facts

About X servings per Container
Serving size 1 cup (36g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber less than 1g	2%
Total Sugars 12g	
Incl. 12g Added Sugars	25%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 2.7mg	15%
Potassium 60mg	0%
Vitamin A	50%
Thiamin	30%
Riboflavin	40%
Niacin	30%
Vitamin B ₆	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B ₁₂	80%
Phosphorus	2%
Zinc	15%

* 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: Rice, Sugar, Canola Oil, Cocoa (processed with alkali), Salt, Caramel Color, Natural and Artificial Flavor, BHT added to preserve freshness.

Vitamins and Minerals: Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

Post Consumer Brands

Cocoa Pebbles® Cereal

Nutrition Facts

About X servings per container

Serving size 1 cup (36g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 31g 11%

Dietary Fiber 0g 1%

Total Sugars 12g

Incl. 12g Added Sugars 25%

Protein 1g

Vitamin D 2mcg 10%

Calcium 0mg 0%

Iron 1.8mg 10%

Potassium 20mg 0%

Vitamin A 50%

Vitamin C 10%

Thiamin 35%

Riboflavin 40%

Niacin 40%

Vitamin B₆ 25%

Folate 240mcg DFE
(140mcg folic acid) 60%

Vitamin B₁₂ 80%

Phosphorus 2%

Zinc 15%

* 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: Rice, Sugar, Canola Oil, Salt, Natural and Artificial Flavor, Red 40, Yellow 6, Yellow 5, Turmeric Oleoresin (color), Blue 1, Blue 2, BHT and BHA added to preserve freshness.

Vitamins and Minerals: Sodium Ascorbate and Ascorbic Acid (Vitamin C), Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

Post Consumer Brands

Fruity Pebbles® Cereal

Nutrition Facts

X servings per container

Serving size 1 Bar (22g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Total Sugars 9g

Incl. 8g Added Sugars 16%

Protein less than 1g

Vitamin D 1.2mcg 6%

Calcium 0mg 0%

Iron 0.7mg 4%

Potassium 10mg 0%

Vitamin A 10%

Thiamin 10%

Riboflavin 15%

Niacin 10%

Vitamin B₆ 10%

Folate 80mcg DFE
(50mcg folic acid) 20%

Vitamin B₁₂ 25%

Phosphorus 0%

Zinc 6%

* 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: Rice, Corn Syrup, Fructose, Sugar, Hydrogenated Vegetable Oil (Coconut, Palm, and Palm Kernel Oils), Dextrose, Gelatin, Salt, Glycerin, Whey Powder, Soy Lecithin, Natural and Artificial Flavor, Non Fat Dry and Whole Milk Solids, Red 40, Yellow 6, Yellow 5, Turmeric Oleoresin (color), Blue 1, Blue 2.

Vitamins and Minerals: Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Vitamin A Palmitate, Folic Acid, Vitamin D3, Vitamin B12.

CONTAINS MILK AND SOY.

MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUT AND TREE NUTS.

Post Consumer Brands

Fruity Pebbles™ Treats

Nutrition Facts

About X servings per container

Serving size 1 cup (40g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 2g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 34g 12%

Dietary Fiber 2g 6%

Total Sugars 11g

Incl. 11g Added Sugars 22%

Protein 2g

Vitamin D 2mcg 10%

Calcium 0mg 0%

Iron 14.4mg 80%

Potassium 30mg 0%

Vitamin A 40%

Thiamin 50%

Riboflavin 10%

Niacin 15%

Vitamin B₆ 20%

Folate 140mcg DFE 35%
(80mcg folic acid)

Vitamin B₁₂ 50%

Pantothenic Acid 10%

* 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, Sugar, Whole Grain Rolled Oats, Whole Grain Wheat, Rice, Canola Oil, Corn Syrup, Salt, Molasses, Honey, Caramel Color, Barley Malt Extract. BHT added to preserve freshness.

Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Thiamin Mononitrate (Vitamin B1), Vitamin A Palmitate, Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Vitamin B12, Riboflavin (Vitamin B2), Folic Acid, Vitamin D3.

CONTAINS WHEAT.

Post Consumer Brands

Honey Bunches of Oats® Cereal
Frosted

Nutrition Facts	
About X servings per container	
Serving size	1 cup (41g)
Amount per serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 2g	3 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0 %
Sodium 190mg	8 %
Total Carbohydrate 34g	12 %
Dietary Fiber 2g	9 %
Total Sugars 9g	
Incl. 8g Added Sugars	16 %
Protein 3g	
Vitamin D 2mcg	10 %
Calcium 10mg	0 %
Iron 16.2mg	90 %
Potassium 60mg	0 %
Vitamin A	50 %
Thiamin	40 %
Riboflavin	30 %
Niacin	40 %
Vitamin B ₆	40 %
Folate 400mcg DFE (240mcg folic acid)	100 %
Vitamin B ₁₂	100 %
Phosphorus	6 %
Magnesium	4 %
Zinc	10 %

* 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, Whole Grain Wheat, Sugar, Whole Grain Rolled Oats, Rice, Canola Oil, Wheat Flour, Malted Barley Flour, Corn Syrup, Salt, Molasses, Honey, Caramel Color, Barley Malt Extract, Natural and Artificial Flavor, Annatto Extract (color), BHT added to preserve freshness.

Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

CONTAINS WHEAT.

Post Consumer Brands

Honey Bunches of Oats® Cereal
Honey Roasted

Nutrition Facts	
About X servings per container	
Serving size	1 cup (42g)
Amount per serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 3g	4 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0 %
Sodium 180mg	8 %
Total Carbohydrate 34g	12 %
Dietary Fiber 2g	9 %
Total Sugars 9g	
Incl. 8g Added Sugars	15 %
Protein 3g	
Vitamin D 2mcg	10 %
Calcium 10mg	0 %
Iron 16.2mg	90 %
Potassium 80mg	0 %
Vitamin A	40 %
Thiamin	40 %
Riboflavin	35 %
Niacin	40 %
Vitamin B ₆	40 %
Folate 400mcg DFE (240mcg folic acid)	100 %
Vitamin B ₁₂	100 %
Phosphorus	6 %
Magnesium	6 %
Zinc	10 %
<small>* 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.</small>	

Ingredients: Corn, Whole Grain Wheat, Sugar, Whole Grain Rolled Oats, Almonds, Rice, Canola Oil, Wheat Flour, Malted Barley Flour, Corn Syrup, Salt, Molasses, Honey, Caramel Color, Barley Malt Extract, Cinnamon, Natural and Artificial Flavor, Annatto Extract (color). BHT added to preserve freshness.

Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

CONTAINS WHEAT AND ALMONDS.

Post Consumer Brands

Honey Bunches of Oats[®]
Cereal With Almonds

Post Consumer Brands Honeycomb® Cereal

Nutrition Facts

About X servings per container

Serving size 1 3/4 cup (40g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Total Sugars 13g	
Incl. 12g Added Sugars	25%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 2.7mg	15%
Potassium 60mg	0%
Vitamin A	50%
Thiamin	50%
Riboflavin	45%
Niacin	45%
Vitamin B6	45%
Folate 400mcg DFE (240mcg folic acid)	100%
Vitamin B12	100%
Phosphorus	4%
Zinc	20%

* 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, Sugar, Whole Grain Oat Flour, Whole Grain Corn Flour, Honey, Salt, Natural Flavor, Yellow 5, Wheat Starch. BHT added to preserve freshness.

Vitamins and Minerals: Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

CONTAINS WHEAT.