

# 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**  
**January, 2020**

## Nutrition Facts

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

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber less than 1g	<b>2%</b>
Total Sugars 12g	
Incl. 12g Added Sugars	<b>25%</b>
<b>Protein</b> 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 <sub>6</sub>	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B <sub>12</sub>	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  
January, 2020

# 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 B<sub>6</sub> 25%

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

Vitamin B<sub>12</sub> 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  
January, 2020

## 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 B<sub>6</sub> 10%

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

Vitamin B<sub>12</sub> 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

January, 2020

## Nutrition Facts

About X servings per Container  
**Serving size 1 cup (41g)**

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber less than 1g	<b>3%</b>
Total Sugars 11g	
Incl. 11g Added Sugars	<b>22%</b>
<b>Protein</b> 2g	
Vitamin D 0.8mcg	<b>4%</b>
Calcium 0mg	<b>0%</b>
Iron 3.2mg	<b>20%</b>
Potassium 70mg	<b>0%</b>
Vitamin A	<b>20%</b>
Thiamin	<b>10%</b>
Riboflavin	<b>15%</b>
Niacin	<b>15%</b>
Vitamin B <sub>6</sub>	<b>10%</b>
Folate 125mcg DFE (70mcg folic acid)	<b>30%</b>
Vitamin B <sub>12</sub>	<b>30%</b>
Phosphorus	<b>2%</b>
Zinc	<b>15%</b>

\* 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, Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (cottonseed, soybean, canola), Salt), Dextrose, Canola Oil, Salt, Cocoa (processed with alkali), Molasses, 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.

**CONTAINS PEANUTS.**

## Post Consumer Brands

Peanut Butter Cocoa Pebbles®

January, 2020

## 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%**

*Trans* 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 100%  
(240mcg folic acid)

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.**

**Post Consumer Brands**  
**Honeycomb® Cereal**  
**January, 2020**

<b>Nutrition Facts</b>	
About X servings per container	
<b>Serving size</b>	<b>1 cup (42g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	<b>4 %</b>
Saturated Fat 0g	<b>0 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 180mg	<b>8 %</b>
<b>Total Carbohydrate</b> 34g	<b>12 %</b>
Dietary Fiber 2g	<b>9 %</b>
Total Sugars 9g	
Incl. 8g Added Sugars	<b>15 %</b>
<b>Protein</b> 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 <sub>6</sub>	40 %
Folate 400mcg DFE ( 240mcg folic acid)	100 %
Vitamin B <sub>12</sub>	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

June, 2020

<b>Nutrition Facts</b>	
About X servings per container	
<b>Serving size</b>	<b>1 cup (41g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2g	<b>3 %</b>
Saturated Fat 0g	<b>0 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 190mg	<b>8 %</b>
<b>Total Carbohydrate</b> 34g	<b>12 %</b>
Dietary Fiber 2g	<b>9 %</b>
Total Sugars 9g	
Incl. 8g Added Sugars	<b>16 %</b>
<b>Protein</b> 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 <sub>6</sub>	40 %
Folate 400mcg DFE ( 240mcg folic acid)	100 %
Vitamin B <sub>12</sub>	100 %
Phosphorus	6 %
Magnesium	4 %
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, 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

June, 2020



## 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 B<sub>6</sub> 20 %

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

Vitamin B<sub>12</sub> 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

June, 2020