



Nutrition Facts

Serving Size $\frac{3}{4}$ cup (32g)

Servings Per Container about 43

Amount per Serving	Cereal	Cereal with $\frac{1}{2}$ cup Fat Free Milk
Calories	130	170
Calories from Fat	25	25
% Daily Value		
Total Fat 2.5g	4%	4%
Saturated Fat	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	9%
Potassium 70mg	2%	8%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 2g	8%	8%
Sugars 6g		
Other Carbohydrate 17g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	60%	60%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	50%	50%
Vitamin B12	25%	35%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	2%	6%
Copper	4%	4%

