



# Sunbelt® Banana Nut Granola Cereal

**INGREDIENTS:** WHOLE GRAIN ROLLED OATS, WHOLE GRAIN ROLLED WHEAT, BROWN SUGAR, OAT FLOUR, BANANA CHIPS (BANANAS, COCONUT OIL, SUGAR, NATURAL BANANA FLAVOR), CANOLA OIL, COCONUT, RICE FLOUR, ALMONDS, WHEY (MILK), SUGAR, HONEY, BAKING SODA, SALT, MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE, CORN STARCH.

**ALLERGY INFORMATION:** CONTAINS WHEAT, ALMONDS AND MILK. OTHER TREE NUTS MAY ALSO BE PRESENT IN THIS PRODUCT.



<b>Nutrition Facts</b>		
Serving Size 2/3 Cup (51g)		
Servings Per Container About 9		
Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
<b>Calories</b>	240	280
Calories from Fat		70
<b>% Daily Value**</b>		
<b>Total Fat 8g*</b>	<b>12%</b>	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>	<b>13%</b>
Trans Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>	<b>5%</b>
<b>Total Carb. 37g</b>	<b>12%</b>	<b>14%</b>
Dietary Fiber 3g		<b>12%</b> <b>12%</b>
Sugars 13g		
<b>Protein 4g</b>		
<b>Vitamin A</b>	0%	4%
<b>Vitamin C</b>	0%	0%
<b>Calcium</b>	2%	15%
<b>Iron</b>	6%	6%
* Amount in Cereal, One-half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.		
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat. Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Product ingredients, allergy information, and nutrition facts may change. Always check the product package in the store prior to purchase for the most accurate information.