



Sunbelt® Berry Basic® Cereal

INGREDIENTS: WHOLE GRAIN ROLLED OATS, BRAN FLAKES (WHOLE WHEAT, WHEAT BRAN, SUGAR, SALT, CORN FLOUR, MALTED BARLEY FLOUR, HIGH FRUCTOSE CORN SYRUP, REDUCED IRON, ZINC OXIDE, THIAMIN HYDROCHLORIDE [VITAMIN B1], CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], FOLIC ACID), BROWN SUGAR, OAT FLOUR, CRISP RICE (RICE FLOUR, SUGAR, WHEY [MILK]*, SALT, MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), CANOLA OIL, COCONUT (SULFITE TREATED TO PRESERVE COLOR), NATURAL FLAVOR, JUICE CONCENTRATE (APPLE JUICE CONCENTRATE, PEAR JUICE CONCENTRATE, RED RASPBERRY JUICE CONCENTRATE, ELDERBERRY JUICE CONCENTRATE, BOYSBERRY JUICE CONCENTRATE, NATURAL FLAVOR), DRIED STRAWBERRIES, DRIED RASPBERRIES, DRIED BLACKBERRIES, CITRIC ACID, ALMOND MEAL.

*ADDS A NEGLIGIBLE AMOUNT OF CHOLESTEROL

ALLERGY INFORMATION: CONTAINS WHEAT, MILK AND ALMONDS. MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING PEANUTS AND TREE NUTS.

Nutrition Facts

Serving Size 1/2 Cup (55g)
Servings Per Container About 6

		Cereal with 1/2 cup	
Amount Per Serving	Cereal	Skim Milk	
Calories	240	280	
Calories from Fat	50	50	
		% Daily Value**	
Total Fat 6g*	9%	9%	
Saturated Fat 2g	10%	10%	
Trans Fat 0g			
Cholesterol 0mg	0%	0%	
Sodium 150mg	6%	9%	
Potassium 180mg	5%	11%	
Total Carb. 41g	14%	16%	
Dietary Fiber 5g	20%	20%	
Sugars 12g			
Protein 5g	10%	18%	
Vitamin A	0%	4%	
Vitamin C	2%	2%	
Calcium	2%	15%	
Iron	10%	10%	
Thiamin	25%	30%	
Vitamin B6	6%	8%	
Folic Acid	6%	8%	
Pantothenic Acid	6%	10%	
Phosphorus	10%	20%	
Zinc	10%	15%	

* 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.

	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.