



Sunbelt® Fruit & Nut Granola Cereal

INGREDIENTS: WHOLE GRAIN ROLLED OATS, WHOLE GRAIN ROLLED WHEAT, BROWN SUGAR, RAISINS (RAISINS, PALM OIL, GLYCERIN), OAT FLOUR, CANOLA OIL, COCONUT, RICE FLOUR, DATES, 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.



EAT 48g OR MORE OF WHOLE GRAINS DAILY

Nutrition Facts		
Serving Size 2/3 Cup (55g)		
Servings Per Container About 8		
Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	240	280
Calories from Fat	60	60
% Daily Value**		
Total Fat 7g*	11%	11%
Saturated Fat 2.5g	13%	13%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 50mg	2%	5%
Total Carb. 40g	13%	15%
Dietary Fiber 3g	12%	12%
Sugars 17g		
Protein 4g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	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.