



# Sunbelt® Low Fat Granola Cereal

**INGREDIENTS:** WHOLE GRAIN ROLLED OATS, WHOLE GRAIN ROLLED WHEAT, SUGAR, RAISINS, CORN SYRUP, RICE, ALMONDS, OAT FLOUR, MOLASSES, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, CORN STARCH, CINNAMON, NONFAT DRY MILK, BARLEY MALT SYRUP, BAKING SODA, SALT, WHEY, GUAR GUM, NATURAL FLAVORS, POLYGLYCEROL ESTERS (EMULSIFIER), PALM OIL, GLYCERIN, MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE. **VITAMINS/MINERALS:** ALPHA TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, ZINC OXIDE, VITAMIN C (ASCORBIC ACID), FERRIC ORTHOPHOSPHATE (IRON NUTRIENT), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), VITAMIN A PALMITATE (PROTECTED WITH BHT), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN D, VITAMIN B12.

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



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.

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## Nutrition Facts

Serving Size 2/3 Cup (55g)  
Servings Per Container About 8

		Cereal with 1/2 cup Skim Milk	
Amount Per Serving	Cereal	220	260
<b>Calories</b>		220	260
	Calories from Fat	25	25
		<b>% Daily Value**</b>	
<b>Total Fat</b> 3g*		<b>5%</b>	<b>5%</b>
	Saturated Fat 1g	<b>5%</b>	<b>5%</b>
	Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>	<b>0%</b>
<b>Sodium</b> 110mg		<b>4%</b>	<b>7%</b>
<b>Total Carb.</b> 44g		<b>14%</b>	<b>16%</b>
	Dietary Fiber 4g	<b>16%</b>	<b>16%</b>
	Sugars 16g		
<b>Protein</b> 5g		<b>10%</b>	<b>18%</b>
Vitamin A	20%	25%	
Vitamin C	10%	10%	
Calcium	2%	15%	
Iron	15%	15%	
Vitamin D	20%	35%	
Vitamin E	25%	25%	
Thiamin	25%	30%	
Riboflavin	25%	40%	
Niacin	25%	25%	
Vitamin B6	50%	50%	
Folic Acid	50%	50%	
Vitamin B12	50%	60%	
Phosphorus	15%	25%	
Magnesium	10%	15%	
Zinc	25%	30%	
Copper	8%	10%	

\* 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