



# 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.

## Nutrition Facts

Serving Size 2/3 Cup (51g)  
Servings Per Container About 9

Amount Per Serving	Cereal with 1/2 cup Skim Milk	
	Cereal	Skim Milk
<b>Calories</b>	240	280
Calories from Fat	70	70
	<b>% Daily Value**</b>	
<b>Total Fat</b> 8g*	<b>12%</b>	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>	<b>13%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>	<b>5%</b>
<b>Total Carb.</b> 37g	<b>12%</b>	<b>14%</b>
Dietary Fiber 3g	<b>12%</b>	<b>12%</b>
Sugars 13g		
<b>Protein</b> 4g		
<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.