



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, NATURAL FLAVOR, JUICE CONCENTRATE (APPLE JUICE CONCENTRATE, PEAR JUICE CONCENTRATE, RED RASPBERRY JUICE CONCENTRATE, ELDERBERRY JUICE CONCENTRATE, BOYSENBERRY 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. OTHER TREE NUTS MAY ALSO BE PRESENT IN THIS PRODUCT.

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 | 250 | 290 | |
| | Calories from Fat | 60 | 60 |
| % Daily Value** | | | |
| Total Fat 7g* | 11% | 11% | |
| | Saturated Fat 2g | 10% | 10% |
| | Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 120mg | 5% | 8% | |
| Total Carb. 41g | 14% | 16% | |
| | Dietary Fiber 4g | 16% | 16% |
| | Sugars 12g | | |
| Protein 5g | 10% | 18% | |
| Vitamin A | 0% | 4% | |
| Vitamin C | 0% | 0% | |
| 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 | 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 |

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.