



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.

Nutrition Facts

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

| Amount Per Serving | Cereal with 1/2 cup Skim Milk | |
|------------------------|-------------------------------|------------|
| | Cereal | 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.