General Mills

With Whole Grain First Ingredient

Cheerios

Toasted Whole Grain Oat Cereal

Nutrition Facts

Serving Size 1 Packet (45g)
Servings Per Container 8

Amount Per Serving	
Calories 110	
Calories from Fat 15	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carb. 24g	11%
Dietary Fiber 4g	16%
Soluble Fiber 1g	
Sugars 1.5g	
Protein 4g	

Vitamin A 8%	• Vitamin C 8%
Calcium 2%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Organic Rolled Whole Grain Blend (Oats, Rye, Barley, Wheat), Organic Whole Grain Rolled Oats, Organic Sugar, Organic Raisins (Contains Organic Canola Oil), Organic Maple Sugar, Organic Millet Flavoured, Natural Flavor, Sea Salt, Organic Guar Gum, Organic Cinnamon, Organic Caramel Color.

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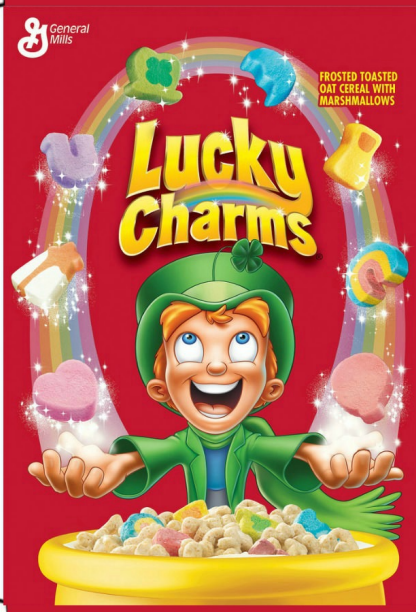

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