



Nutrition Facts

BERRY DELIGHT

Nutrition Facts

Serving Size 1/2 cup (55g)

Servings Per Container 8 per lb.

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	210	250
Calories from Fat	80	80
% Daily Value*		
Total Fat 9g	14%	14%
Saturated Fat 2.5g	13%	13%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Total Carbohydrate 29g	10%	12%
Dietary Fiber 3g	14%	14%
Sugars 9g		
Protein 5g		

