



Nutrition Facts

MULTI-GRAIN

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Serving Size 1/2 cup (55g)

Servings Per Container 8 per lb.

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	220	260
Calories from Fat	80	80
% Daily Value*		
Total Fat 9g	13%	13%
Saturated Fat 2.5g	13%	13%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Total Carbohydrate 30g	10%	12%
Dietary Fiber 4g	15%	15%
Sugars 8g		
Protein 6g		

