



## Cereality Nutritional Statement

		Weight	Calories	Cals From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)
<b>Cereal "Our Way" - Cold Cereal Blends (8 oz Milk)</b>																	
Country Inn Crunch™, 2% - Sm		335 g	360	60	6.0	3.5	0	20	260	68	2	41	11	25	8	30	20
Country Inn Crunch™, Skim - Sm		335 g	330	15	1.5	0.0	0	5	260	69	2	42	11	25	8	35	20
Country Inn Crunch™, 2% - Reg		378 g	530	70	8.0	3.5	0	20	400	104	5	55	14	35	15	30	40
Country Inn Crunch™, Skim - Reg		378 g	490	30	3.0	1.0	0	5	400	105	5	55	14	40	15	35	40
Devil Made Me Do It™, 2% - Sm		321 g	380	90	10.0	6.0	0	20	300	64	2	48	11	15	8	35	30
Devil Made Me Do It™, Skim - Sm		321 g	340	45	5.0	2.5	0	5	300	65	2	49	11	15	8	40	30
Devil Made Me Do It™, 2% - Reg		358 g	540	130	15.0	8.0	0	20	470	93	3	64	13	15	15	45	60
Devil Made Me Do It™, Skim - Reg		358 g	510	90	10.0	5.0	0	5	470	93	3	65	13	20	15	50	60
Frost Bites™, 2% - Sm		310 g	390	120	14.0	10.0	0	20	260	59	5	33	12	15	6	30	50
Frost Bites™, Skim - Sm		310 g	350	80	9.0	7.0	0	5	260	60	5	34	12	15	6	35	50
Frost Bites™, 2% - Reg		376 g	660	200	22.0	16.0	0	20	410	107	10	55	16	20	10	35	110
Frost Bites™, Skim - Reg		376 g	620	160	18.0	13.0	0	5	420	108	10	56	16	20	10	35	110
Health Kick, 2% - Sm		297 g	320	80	9.0	4.5	0	20	340	50	2	27	13	20	20	35	40
Health Kick, Skim - Sm		297 g	280	40	4.5	1.5	0	5	350	51	2	27	13	20	15	35	40
Health Kick, 2% - Reg		350 g	530	120	14.0	6.0	0	20	590	89	4	42	18	30	35	40	80
Health Kick, Skim - Reg		350 g	490	80	9.0	3.5	0	5	590	89	4	42	18	30	35	40	80
Jump Start™, 2% - Sm		348 g	300	50	6.0	3.0	0	20	260	52	2	36	12	20	120	35	35
Jump Start™, Skim - Sm		348 g	260	10	1.0	0.0	0	5	270	52	2	37	12	25	120	35	35
Jump Start™, 2% - Reg		371 g	380	60	7.0	3.5	0	20	430	68	3	38	16	30	140	35	70
Jump Start™, Skim - Reg		371 g	340	15	2.0	0.0	0	5	430	69	3	39	16	30	140	40	70
Life's A Bowl of Cherries™, 2% - Sm		306 g	370	100	11.0	6.0	0	20	270	58	7	33	12	20	0	40	60
Life's A Bowl of Cherries™, Skim - Sm		306 g	330	50	6.0	3.0	0	5	270	59	7	33	12	20	0	45	60
Life's A Bowl of Cherries™, 2% - Reg		368 g	610	150	17.0	9.0	0	20	430	105	14	54	16	30	0	50	110
Life's A Bowl of Cherries™, Skim - Reg		368 g	570	110	12.0	6.0	0	5	430	106	14	54	17	35	0	60	110
Life Experience®, 2% - Sm		371 g	450	130	14.0	4.0	0	20	270	70	5	43	15	10	10	45	60
Life Experience®, Skim - Sm		371 g	410	80	9.0	1.0	0	5	270	71	5	44	15	10	8	45	60
Life Experience®, 2% - Reg		418 g	650	210	23.0	5.0	0	20	430	98	9	50	21	10	10	60	110
Life Experience®, Skim - Reg		418 g	610	170	18.0	2.0	0	5	430	99	9	51	22	10	8	60	110
PB&B Crunch™, 2% - Sm		371 g	390	70	8.0	3.5	0	20	330	72	2	51	11	15	15	35	30
PB&B Crunch™, Skim - Sm		371 g	350	25	3.0	0.5	0	5	330	72	2	51	11	15	15	35	30
PB&B Crunch™, 2% - Reg		399 g	510	90	10.0	4.0	0	20	530	95	3	62	13	20	20	40	60
PB&B Crunch™, Skim - Reg		399 g	470	50	5.0	1.0	0	5	530	95	3	63	13	20	20	40	60
S'More Than You Know™, 2% - Sm		300 g	350	90	10.0	6.0	0	20	310	56	2	38	10	15	10	40	25
S'More Than You Know™, Skim - Sm		300 g	310	50	6.0	3.0	0	5	310	57	2	39	10	15	8	40	25
S'More Than You Know™, 2% - Reg		357 g	570	140	16.0	9.0	0	20	520	100	4	66	12	20	20	45	50
S'More Than You Know™, Skim - Reg		357 g	530	100	11.0	6.0	0	5	520	101	4	66	12	20	20	50	50
Strawberry French Toast, 2% - Sm		349 g	400	140	16.0	4.0	0	20	310	54	4	37	13	20	50	45	30
Strawberry French Toast, Skim - Sm		349 g	360	100	11.0	1.0	0	5	310	55	4	37	13	20	50	45	30
Strawberry French Toast, 2% - Reg		394 g	610	240	27.0	5.0	0	20	520	81	7	47	17	30	60	60	60
Strawberry French Toast, Skim - Reg		394 g	570	200	22.0	2.5	0	5	530	82	7	48	17	30	60	60	60
Three's A Charm™, 2% - Sm		300 g	350	100	11.0	6.0	0	20	290	54	2	39	11	20	10	40	25
Three's A Charm™, Skim - Sm		300 g	310	60	7.0	3.0	0	5	290	55	2	40	11	20	8	40	25
Three's A Charm™, 2% - Reg		358 g	580	160	18.0	9.0	0	20	480	96	4	67	13	25	20	45	50
Three's A Charm™, Skim - Reg		358 g	540	120	14.0	6.0	0	5	480	97	4	68	14	25	20	50	50
You Snooze, You Lose™, 2% - Sm		313 g	390	100	11.0	6.0	0	20	330	63	3	37	13	15	4	40	70
You Snooze, You Lose™, Skim - Sm		313 g	350	50	6.0	3.0	0	5	330	63	3	37	13	15	4	40	70
You Snooze, You Lose™, 2% - Reg		369 g	610	150	16.0	9.0	0	20	560	103	7	51	18	20	8	50	130
You Snooze, You Lose™, Skim - Reg		369 g	570	110	12.0	6.0	0	5	560	104	7	52	18	20	8	50	130
<b>Oatmeal "Our Way"</b>																	
Apple Pie A La Bowl		356 g	370	60	7.0	1.0	0	4	470	69	7	30	7	0	2	8	15
A Strawberry Affair		396 g	320	10	1.5	0.0	0	0	400	70	6	42	6	0	60	2	2
Banana Brown Betty		389 g	390	40	4.0	0.5	0	0	430	79	6	44	7	0	8	2	4
Chocolate Banana		390 g	340	15	1.5	0.0	0	0	420	73	5	38	7	0	8	2	2
Cinnamon Raisin Roll		308 g	250	20	2.5	0.0	0	0	410	48	7	9	6	0	2	8	10
Peachy Keen		338 g	260	15	1.5	0.0	0	0	490	53	6	16	7	6	50	2	25
Plain Oatmeal		278 g	150	10	1.0	0.0	0	0	400	25	4	0	5	0	0	0	0
<b>Parfaits</b>																	
Peachy Blue		278 g	360	40	4.5	1.5	0	5	220	72	5	41	11	25	110	25	15
Strawberry Crunch		265 g	480	50	6.0	2.0	0	5	280	98	6	55	13	30	50	25	20
Low-fat Vanilla Yogurt		122 g	100	15	1.5	1.0	--	5	80	17	0	17	6	2	2	20	0

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<b>Cereal- 1 scoop (3/4 cup)</b>																	
Cap'n Crunch®	27	g	110	15	1.5	0.0	--	0	200	23	1	12	1	0	0	0	30
Cheerios®	23	g	80	10	1.5	0.0	0	0	160	17	2	1	2	8	8	8	35
Cinnamon Toast Crunch®	30	g	130	30	3.5	0.5	0	0	210	24	1	10	1	10	10	10	25
Cocoa Puffs®	23	g	90	10	1.0	0.0	0	0	120	20	1	11	1	0	8	8	20
Corn Flakes®	21	g	80	0	0.0	0.0	--	0	150	18	1	2	1	8	8	0	35
Froot Loops®	23	g	90	5	0.5	0.0	--	0	115	20	1	9	1	8	20	0	25
Frosted Flakes®	31	g	110	0	0.0	0.0	0	0	150	28	1	12	1	10	10	0	25
Frosted Mini Wheats® - bite size	41	g	140	5	0.5	0.0	0	0	0	33	4	8	4	0	0	2	60
Fruity Pebbles®	27	g	110	10	1.0	0.0	--	0	160	24	0	12	1	15	0	0	10
Golden Grahams®	30	g	120	10	1.0	0.0	0	0	270	26	1	10	1	10	10	10	25
Grape Nuts®	87	g	310	15	1.5	0.0	--	0	530	71	8	10	9	20	0	2	130
Honey Nut Cheerios®	23	g	90	10	1.0	0.0	0	0	150	17	2	7	2	8	8	8	20
Life®	32	g	120	15	1.5	0.0	--	0	160	25	2	6	3	0	0	10	50
Cinnamon Life ®	38	g	140	15	1.5	0.0	--	0	180	30	2	10	3	0	0	10	45
Low Fat Granola, 1/2 cup	55	g	210	25	3.0	0.5	0	0	135	44	3	16	5	15	4	2	10
Lucky Charms®	23	g	90	5	0.5	0.0	0	0	150	19	1	10	2	8	8	8	20
Oatmeal Squares®	42	g	160	15	2.0	0.0	--	0	200	33	3	7	5	8	8	8	70
Raisin Bran®	46	g	150	10	1.0	0.0	0	0	270	35	5	15	4	8	0	2	20
Reese's Puffs®	30	g	130	30	3.5	0.5	0	0	200	23	1	12	2	10	10	10	25
Special K®	23	g	90	5	0.0	0.0	0	0	170	17	1	3	5	10	25	0	35
Wheaties®	23	g	80	5	0.5	0.0	0	0	160	18	2	3	2	8	8	2	35
<b>Milk</b>																	
2% Milk	8	oz	120	45	5.0	3.0	--	20	100	11	0	11	8	10	0	30	0
Skim Milk	8	oz	80	0	0.0	0.0	--	5	105	12	0	12	8	10	0	30	0
<b>Toppings-1 portion</b>																	
Almonds	15	g	90	70	8.0	0.5	0	0	0	3	1	0	3	0	0	4	4
Apple Pie Filling	30	g	30	0	0.0	0.0	--	0	10	7	0	4	0	0	0	0	0
Banana	59	g	50	0	0.0	0.0	--	0	0	13	2	7	1	0	8	0	0
Banana Syrup	30	g	75	0	0.0	0.0	0	--	0	18	--	16	0	--	--	--	--
Blueberries	20	g	10	0	0.0	0.0	--	0	0	2	1	2	0	0	0	0	0
Brown Sugar	12	g	30	0	0.0	0.0	0	0	0	9	0	9	0	--	--	--	--
Caramel Syrup	30	g	80	0	0.0	0.0	0	0	0	20	0	19	0	--	--	--	--
Charms	15	g	60	0	0.0	0.0	0	0	10	14	0	12	0	0	0	0	0
Chocolate Chips	15	g	70	40	4.5	2.5	--	0	0	9	1	8	1	0	0	0	2
Chocolate Syrup	39	g	100	0	0.0	0.0	0	0	25	24	--	20	1	0	0	0	2
Cinnamon	5	g	15	0	0.0	0.0	--	0	0	4	3	0	0	0	2	6	10
Coconut	15	g	70	40	4.0	4.0	0	0	45	8	1	6	0	0	0	0	2
Coffee Syrup	30	g	90	0	0.0	0.0	0	0	13	22	0	17	0	--	--	--	--
Dried Cherries	15	g	50	0	0.0	0.0	0	0	0	12	4	7	0	10	0	0	2
Dried Cranberries	15	g	50	0	0.0	0.0	0	0	0	12	1	12	0	0	0	0	0
Graham bits	15	g	70	30	3.5	1.5	0	0	80	10	0	4	1	0	0	0	2
Grape Nuts®	15	g	50	5	0.0	0.0	--	0	90	12	1	2	2	4	0	0	25
Honey	21	g	60	0	0.0	0.0	0	0	0	17	0	17	0	0	0	0	0
M&M's®	15	g	70	30	3.0	2.0	0	0	10	11	0	10	1	0	0	2	0
Malt Balls	15	g	70	35	4.0	2.5	--	0	40	9	1	6	1	0	0	2	8
Maple Syrup	40	g	100	0	0.0	0.0	--	0	0	27	0	24	0	0	0	2	2
Mini Marshmallows	15	g	50	0	0.0	0.0	0	0	10	12	0	9	0	0	0	0	0
OREO® Cookie	15	g	70	30	3.0	1.0	0	0	80	11	0	6	1	0	0	0	4
Peaches	30	g	15	0	0.0	0.0	0	0	0	3	0	3	0	2	50	0	0
Peanut Butter Sauce	30	g	180	140	15.0	3.0	--	0	140	6	2	3	8	0	0	2	4
Pecans	15	g	100	100	11.0	1.0	--	0	0	2	1	1	1	0	0	2	2
Pineapple	15	g	10	0	0.0	0.0	0	--	0	2	0	2	0	0	2	0	0
Raisins	15	g	45	0	0.0	0.0	0	--	0	12	1	9	0	0	0	0	2
Reese's Pieces®	15	g	70	30	3.5	2.5	--	0	20	9	0	8	2	0	0	2	0
Strawberries	31	g	30	0	0.0	0.0	--	0	0	8	1	7	0	0	20	0	0
Strawberry Syrup	30	g	80	0	0.0	0.0	0	0	0	20	--	18	0	--	--	--	--
Streusel	15	g	70	25	3.0	0.5	0	8	30	11	0	8	0	0	0	0	2
Vanilla Icing	10	g	40	10	1.0	0.0	0	0	15	7	0	6	0	--	--	--	--
Walnuts	15	g	100	90	10.0	1.0	--	0	0	2	1	0	2	0	0	2	2

The Nutritional Information Cereality has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.