NLI # 15694b

Kellogg's® Raisin Bran Crunch®

Nutrition Facts

1 serving per container

Serving size **1 Container (80g)**

Calories per serving **280**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 1.5g	**2%**	**Sodium** 290mg	**13%**
Saturated Fat 0g	**0%**	**Total Carb.** 68g	**25%**
Trans Fat 0g		Dietary Fiber 7g	**23%**
Polyunsaturated Fat 0.5g		Total Sugars 28g	
Monounsaturated Fat 0g		Incl. 19g Added Sugars	**38%**
Cholesterol 0mg	**0%**	**Protein** 5g	

Vit. D 0mcg 0% • Calcium 30mg 2% • Iron 1.5mg 8% Potas. 410mg 8% • Niacin 20% • Phosphorus 10% • Magnesium 10% Zinc 10% • Copper 25% • Manganese 80%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole grain wheat, sugar, rice, raisins, wheat bran, whole grain oats, brown sugar syrup, vegetable glycerin. Contains 2% or less of corn syrup, salt, natural flavor, modified corn starch, molasses, palm oil, cinnamon, honey, mixed tocopherols (vitamin E) for freshness.

CONTAINS WHEAT INGREDIENTS.

NLI # 15038b

Kellogg's® Special K® Original

Nutrition Facts

1 serving per container

Serving size **1 Container (36g)**

Calories per serving **140**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 0.5g	**1%**	**Total Carb.** 26g	**9%**
Saturated Fat 0g	**0%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	**0%**	Incl. 4g Added Sugars	**8%**
Sodium 250mg	**11%**	**Protein** 7g	**5%**

Vitamin D 1.8mcg 8% • Calcium 0mg 0% • Iron 10mg 50% • Potas. 10mg 0% Vitamin A 8% • Vitamin C 8% • Vitamin E 8% • Thiamin 15% • Riboflavin 15% Niacin 15% • Vitamin B_6 15% • Folate 400mcg DFE 100% (240mcg folic acid) Vitamin B_{12} 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: RICE, WHEAT GLUTEN, SUGAR, DEFATTED WHEAT GERM, CONTAINS 2% OR LESS OF SALT, MALT FLAVOR.
VITAMINS AND MINERALS: REDUCED IRON, VITAMIN C (ASCORBIC ACID), NIACINAMIDE, VITAMIN E ACETATE, BETA-CAROTENE, FOLIC ACID, VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_1 (THIAMIN HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN), VITAMIN D_3, VITAMIN B_{12}.
CONTAINS WHEAT INGREDIENTS.

NLI # 15910b

Kellogg's Corn Flakes®

Nutrition Facts

1 serving per container

Serving size **1 Container (43g)**

Calories per serving **160**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 0g	**0%**	**Total Carb.** 36g	**13%**
Saturated Fat 0g	**0%**	Dietary Fiber 1g	**5%**
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	**0%**	Incl. 4g Added Sugars	**8%**
Sodium 310mg	**13%**	**Protein** 3g	

Vit. D 3mcg 15% • Calcium 0mg 0% • Iron 12.3mg 60% • Potas. 60mg 0% Thiamin 30% • Riboflavin 30% • Niacin 30% • Vitamin B_6 30% Folate 200mcg DFE 50% (120mcg folic acid) • Vitamin B_{12} 30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.
Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B_6 (pyridoxine hydrochloride), vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), folic acid, vitamin D_3, vitamin B_{12}.

NLI # 16905

Kellogg's Frosted Flakes®

Nutrition Facts

1 serving per container

Serving size **1 Container (60g)**

Calories per serving **220**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 0g	**0%**	**Total Carb.** 53g	**19%**
Saturated Fat 0g	**0%**	Dietary Fiber 2g	**6%**
Trans Fat 0g		Total Sugars 20g	
Cholesterol 0mg	**0%**	Incl. 19g Added Sugars	**38%**
Sodium 300mg	**13%**	**Protein** 3g	

Vit. D 3.2mcg 15% • Calcium 0mg 0% • Iron 11.6mg 60% • Potas. 60mg 0% Thiamin 30% • Riboflavin 30% • Niacin 30% • Vitamin B_6 30% • Folate 190mcg DFE 45% (115mcg folic acid) • Vitamin B_{12} 30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.
Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B_6 (pyridoxine hydrochloride), vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), folic acid, vitamin D_3, vitamin B_{12}.

NLI # 15683b

Kellogg's® Frosted Mini Wheats®

Nutrition Facts

1 serving per container

Serving size **1 Container (71g)**

Calories per serving **250**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 1.5g	**2%**	**Total Carb.** 60g	**22%**
Saturated Fat 0g	**0%**	Dietary Fiber 7g	**25%**
Trans Fat 0g		Soluble Fiber <1g	
Cholesterol 0mg	**0%**	Insoluble Fiber 6g	
Sodium 10mg	**0%**	Total Sugars 15g	
		Incl. 14g Added Sugars	**28%**
		Protein 6g	**4%**

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 21.3mg 110% • Potas. 190mg 4% Thiamin 10% • Niacin 10% • Folate 470mcg DFE 110% (280mcg folic acid) Phosphorus 10% • Magnesium 10% • Zinc 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, CONTAINS 2% OR LESS OF BROWN RICE SYRUP, GELATIN.
VITAMINS AND MINERALS: REDUCED IRON, FOLIC ACID.
CONTAINS WHEAT INGREDIENTS.

NLI # 15975b

Kellogg's® Rice Krispies®

Nutrition Facts

1 serving per container

Serving size **1 Container (37g)**

Calories per serving **140**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 0g	**0%**	**Total Carb.** 33g	**12%**
Saturated Fat 0g	**0%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	**0%**	Incl. 4g Added Sugars	**8%**
Sodium 190mg	**8%**	**Protein** 2g	

Vit. D 2.7mcg 10% • Calcium 0mg 0% • Iron 10.3mg 50% • Potas. 30mg 0% Thiamin 25% • Riboflavin 25% • Niacin 25% • Vitamin B_6 25% Folate 185mcg DFE 45% (110mcg folic acid) • Vitamin B_{12} 25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rice, sugar, contains 2% or less of salt, malt flavor.
Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B_6 (pyridoxine hydrochloride), vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), folic acid, vitamin D_3, vitamin B_{12}.