

Nutrition Facts					
Serving Size	1 cup with 3/4 cup skim milk (220.8g) with 3/4 cup skim milk		1 cup (37g) Honey Nut Cheerios		100 g (100g) Honey Nut Cheerios
Calories	210kcal		140kcal		380kcal
		%DV*		%DV*	
Total Fat	2g	3%	2g	2%	5g
Saturated Fat	0.5g	3%	0g	0%	1g
Trans Fat	0g		0g		0g
Cholesterol	Less Than 5mg	1%	0mg	0%	0mg
Sodium	290mg	12%	210mg	9%	570mg
Total Carbohydrate	39g	14%	30g	11%	81g
Dietary Fiber	3g	10%	3g	10%	8g
Total Sugars	22g		12g		34g
Incl. Added Sugars	12g	24%	12g	24%	33g
Protein	9g		3g		9g
Vitamin D	6.2µg	30%	4µg	20%	10.8µg
Calcium	350mg	25%	130mg	10%	350mg
Iron	3.6mg	20%	3.6mg	20%	9.7mg
Potassium	430mg	8%	150mg	4%	400mg
*Percent Daily Value (DV) are based on a 2,000 calorie diet					
**Not a significant nutrient source					

Preparation
READY_TO_EAT : Ready to eat

Ingredients & Claims
Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.
Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

CONTAINS ALMOND INGREDIENTS.

Kosher Pareve