Malt-O-Meal® Company

Cinnamon Sweet Whole Wheat & Rice Cereal CIN-6.0 RTE

Regulatory NFP Created: 02/10/12
Graphics NFP Released: 03/02/12

Nutrition Facts have been developed to comply with current Federal regulations.

Nutrition Facts

Serving Size: 3/4 Cup (30g)
Servings Per Package: TBD

Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
Calories	130	170
Calories from Fat	30	30
		% Daily Value**
Total Fat 3.5g*	**5**%	**6**%
Saturated Fat 0.5g	**3**%	**3**%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg	**0**%	**1**%
Sodium 140mg	**6**%	**8**%
Potassium 45mg	**1**%	**7**%
Total Carbohydrate 24g	**8**%	**10**%
Dietary Fiber 1g	**4**%	**4**%
Sugars 10g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate (Folic Acid)	50%	50%
Vitamin B12	25%	35%
Phosphorus	8%	20%
Magnesium	2%	6%
Zinc	25%	30%
Copper	2%	2%

* Amount in cereal. One-half cup skim milk contributes an additional 65mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Canola Oil and/or Partially Hydrogenated Soybean Oil, Fructose, Maltodextrin, Contains 2% or less of: Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Annatto and Caramel Color, Natural Flavor. BHT (to preserve freshness).

Vitamins & Minerals: Vitamin B1 (thiamin mononitrate), **Vitamin B2** (riboflavin), **Niacin** (niacinamide), **Vitamin B6** (pyridoxine hydrochloride), **Folic Acid, Vitamin B12, Vitamin A Palmitate, Vitamin C** (sodium ascorbate), **Vitamin D, Reduced Iron, Zinc** (zinc oxide), **Calcium Carbonate.**

Contains Wheat and Soybean Ingredients.