



SELF-SERVE BOWL

At least 8 grams of whole grain per serving. At least 48 grams recommended daily.



Low in Saturated Fat & Cholesterol

CERTIFIED by American Heart Association heartcheckmark.org

Diets low in saturated fat and cholesterol may reduce the risk of heart disease.

Cheerios®

Toasted Whole Grain Oat Cereal

Nutrition Facts

Serv. Size 1 bowl (19g) (¾ cup)
Calories 70
Calories from Fat 10

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 1g	2%	Potassium 120mg	3%
Sat. Fat 0g	0%	Total Carb. 14g	5%
Trans Fat 0g		Dietary Fiber 2g	8%
Cholest. 0mg	0%	Sugars less than 1g	
Sodium 110mg	5%	Protein 2g	

Vitamin A 10% • Vitamin C 6% • Calcium 6% • Iron 30% • Vitamin D 6% • Thiamin 15% • Riboflavin 15% • Niacin 15% • Vitamin B₆ 15% • Folic Acid 30% • Vitamin B₁₂ 15% • Phosphorus 8% • Magnesium 6% • Zinc 15%

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

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COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.

CHILD NUTRITION PROGRAM: 1 BOWLPAK = 1 BREAD EQUIVALENT



NET WT 11/16 OZ (19g) ©

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