

Malt-O-Meal Toasty O's

Toasted Whole Grain Oat Cereal

MADE WITH
Whole Grain!

TRY ME!
If You Like Cheerios® Cereal

* Cheerios® is a registered trademark of General Mills, Inc., Minneapolis, MN

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size	1 bowl (3/4 cup)	Total Fat	1g 2%	Total Carbohydrate	14g 6%
Calories	70	Saturated Fat	0g 0%	Dietary Fiber	2g 8%
Fat Cal.	10	Trans Fat	0g	Sugars	1g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholesterol	0mg 0%	Other Carbohydrates	11g
		Sodium	180mg 8%	Protein	2g
		Vitamin A 6% • Vitamin C 6% • Calcium 8% • Iron 30% • Vitamin D 6% Thiamin 15% • Riboflavin 15% • Niacin 15% • Vitamin B6 15% • Folate 30% Vitamin B12 15% • Phosphorus 8% • Magnesium 6% • Zinc 15% • Copper 2%			

Ingredients: Whole grain oat flour (includes the oat bran), wheat starch, modified wheat starch, sugar, salt, oat fiber, calcium carbonate, trisodium phosphate, vitamin C (sodium ascorbate), reduced iron, niacin (niacinamide), zinc (zinc oxide), vitamin A palmitate, vitamin B12, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin D, folate (folic acid) and citric acid. Mixed tocopherols added to preserve freshness. Contains wheat ingredients. Grains used in this product contain traces of soybeans.

Dist. By: Malt-O-Meal Co., Minneapolis, MN 55402
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NET WT 11/16 OZ (19.5g)



www.malto-meal.com • 1-800-743-3029 05487 606 TD-7-3

Malt-O-Meal Cinnamon Toasters

Sweetened Whole Wheat and Rice Cereal with Cinnamon



TRY ME!
If you like
Cinnamon Toast Crunch® cereal

* Cinnamon Toast Crunch® is a registered trademark of General Mills IP Holdings I, LLC, Minneapolis, MN

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size	1 bowl (3/4 cup)	Total Fat	3.5g 6%	Total Carbohydrate	22g 7%
Calories	120	Sat. Fat	0.5g 1%	Dietary Fiber	<1g 3%
Fat Cal.	30	Trans. Fat	0g	Sugars	8g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholesterol	0mg 0%	Other Carbohydrates	12g
		Sodium	130mg 5%	Protein	1g
		Vitamin A 10% • Vitamin C 10% • Calcium 10% • Iron 50% • Vitamin D 10% Thiamin 25% • Riboflavin 25% • Niacin 25% • Vitamin B6 25% • Folate 50% Vitamin B12 25% • Zinc 25%			

Ingredients: Whole grain wheat, sugar, rice flour, partially hydrogenated soybean oil, fructose, maltodextrin, dextrose, salt, calcium phosphate, cinnamon, egg lecithin, trisodium phosphate, annatto (for color), caramel color, natural flavor, vitamin C (sodium ascorbate), niacin (niacinamide), reduced iron, zinc (zinc oxide), vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin D, vitamin B1 (thiamin mononitrate), vitamin B12, folate (folic acid), nonfat milk, BHT (to preserve freshness). Contains wheat, milk and soybean ingredients.

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NET WT 1.00 OZ (28g)



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Malt-O-Meal



Crispy Rice

Toasted Rice Cereal

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size	1 Bowl (3/4 cup)	Total Fat	0g 0%	Total Carbohydrate	16g 5%
Calories	70	Saturated Fat	0g 0%	Dietary Fiber	0g 0%
Fat Cal.	0	Trans Fat	0g	Sugars	2g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholesterol	0mg 0%	Other Carbohydrates	14g
		Sodium	160mg 7%	Protein	1g
		Vitamin A 4% • Vitamin C 4% • Calcium 0% • Iron 25% • Vitamin D 4% Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B6 10% • Folate 50% Vitamin B12 10% • Zinc 10%			

Ingredients: Rice, sugar, salt, high fructose corn syrup, malt extract, ferric ortho-phosphate (iron), vitamin C (sodium ascorbate), zinc (zinc oxide), niacin (niacinamide), vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin D, folate (folic acid), vitamin B12, BHT (to preserve freshness).

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NET WT 0.63 OZ (17.7g) 5/8 OZ



70507 807 CR-0.63 BP

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Malt-O-Meal



Raisin Bran

Whole Grain Wheat & Bran Cereal with Raisins

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size	1 bowl (2/3 cup)	Total Fat	0.5g 1%	Total Carbohydrate	28g 9%
Calories	130	Saturated Fat	0g 0%	Dietary Fiber	4g 16%
Fat Cal.	5	Trans Fat	0g	Sugars	13g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholesterol	0mg 0%	Other Carbohydrates	11g
		Sodium	210mg 9%	Protein	3g
		Vitamin A 6% • Vitamin C 0% • Calcium 0% • Iron 30% • Vitamin D 6% Thiamin 15% • Riboflavin 15% • Niacin 15% • Vitamin B6 15% • Folate 30% Vitamin B12 15% • Zinc 15%			

Ingredients: Whole grain wheat, raisins, wheat bran, sugar, corn syrup, malt extract, salt, molasses, annatto (for color), reduced iron, niacin (niacinamide), zinc (zinc oxide), vitamin A palmitate, citric acid, vitamin D, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin B12, folate (folic acid). Contains wheat ingredients. Wheat used in this product contains traces of soybeans.

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NET WT 1.25 OZ (35g)



11036 901 RB-5.0 BP3

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