BETTER IF USED BY
18APR09 BUBU2316 08A

To Open, Slide Finger Under Arrows To Left And Right

TO KEEP YOUR CEREAL FRESH, REFOLD INNER BAG AFTER EACH USE AND CLOSE PACKAGE FLAPS

OFFICIAL COUPON 10¢ EXP 12 GCHR BOX TOPS FOR EDUCATION EXPIRES 6/1/12

EARN CASH FOR YOUR SCHOOL!
Support your school online at Boxtops4Education.com

www.WholeGrainNation.com

WHOLE GRAIN 16g or more per serving EAT 48g OR MORE OF WHOLE GRAINS DAILY WholeGrainsCouncil.org

General Mills

with Whole Grain Guaranteed

Nutrition Highlights

Calories	Saturated Fat	Sodium	Sugars	Fiber	Calcium
100	0g	190mg	1g	3g	100mg
5%	0%	8%		11%	10%

Amount and % Daily Value per serving

Nutrition Highlights

- This is the amount in one serving.
- This is the percent of the Daily Value per serving. Daily Values are recommended amounts to consume each day (see Nutrition Facts). Sugar does not have a Daily Value.

Calories 100 5%

Cheerios®

Toasted Whole Grain Oat Cereal

Three grams of soluble fiber daily from whole grain oat foods, like Cheerios cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios cereal provides 1 gram per serving.

NET WT 14 OZ (396g)

The One and Only™

Nutrition Facts

Serving Size 1 cup (28g)
Children Under 4 - ¾ cup (21g)
Servings Per Container about 14
Children Under 4 - about 19

Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10
	% Daily Value**		
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 190mg	8%	10%	140mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g
			% Daily Value
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B_6	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B_{12}	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%
Copper	2%	2%	2%

* Amount in cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 250mg sodium, 370mg potassium, 26g total carbohydrate (7g sugars) and 7g 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
Sat 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 OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, OAT FIBER, 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 B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN), VITAMIN B_1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B_{12}, VITAMIN D_3.

DISTRIBUTED BY **General Mills Cereals, LLC**
GENERAL OFFICES, MINNEAPOLIS, MN 55440 USA

If you are not satisfied with the quality of this product, a prompt refund or adjustment of equal value will be made. Your comments and questions are welcome. Save or send your box top and...

CALL: 1-800-328-1144 (7:30 AM -5:30 PM CT, Weekdays)
WRITE: General Mills, Box 200, Mpls., MN 55440
www.GeneralMills.com

 May be mfg. under U.S. Pat. Nos. 5,433,490; 5,523,109 & 7,021,525

Exchange: 1½ Starch
Exchange calculations based on *Choose Your Foods: Exchange Lists for Diabetes* ©2008 the American Dietetic Association, the American Diabetes Association

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

F 3498945541 SSG 3335560541

0 16000 27564 5

Our Post Promise | No High Fructose Corn Syrup

10g Whole Grain per serving

e side panel for more details.

Post

HONEY BUNCHES of Oats

CERI

Crispy Flakes, Crunchy Oat Clusters & a Touch of Honey!

with Almonds

SH

ET WT 14.5 OZ (411g) ®D

Nutrition Facts

Serving Size 3/4 cup (32g)
Servings Per Container about 13

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	130	170
Calories from Fat	20	20
		% Daily Value**
Total Fat 2.5g*	4%	4%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	0%
Sodium 135mg	6%	8%
Potassium 70mg	2%	8%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 2g	8%	8%
Sugars 6g		
Other Carbohydrate 18g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	60%	60%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	50%	50%
Vitamin B_{12}	25%	35%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	2%	6%
Copper	4%	4%

* Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 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: CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, BROWN SUGAR, ALMONDS[1], RICE, HIGH OLEIC VEGETABLE OIL[1] (CANOLA OR SUNFLOWER OIL), WHEAT FLOUR, MALTED BARLEY FLOUR, CORN SYRUP, SALT, WHEY (FROM MILK[1]), MALTED CORN AND BARLEY SYRUP, HONEY, CARAMEL COLOR, CINNAMON, NATURAL AND ARTIFICIAL FLAVOR, ANNATTO EXTRACT (COLOR). BHT ADDED TO PACKAGING MATERIAL TO PRESERVE PRODUCT FRESHNESS.

VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), ZINC OXIDE (SOURCE OF ZINC), FOLIC ACID, VITAMIN B12, VITAMIN D.

CONTAINS: WHEAT, ALMOND, MILK.

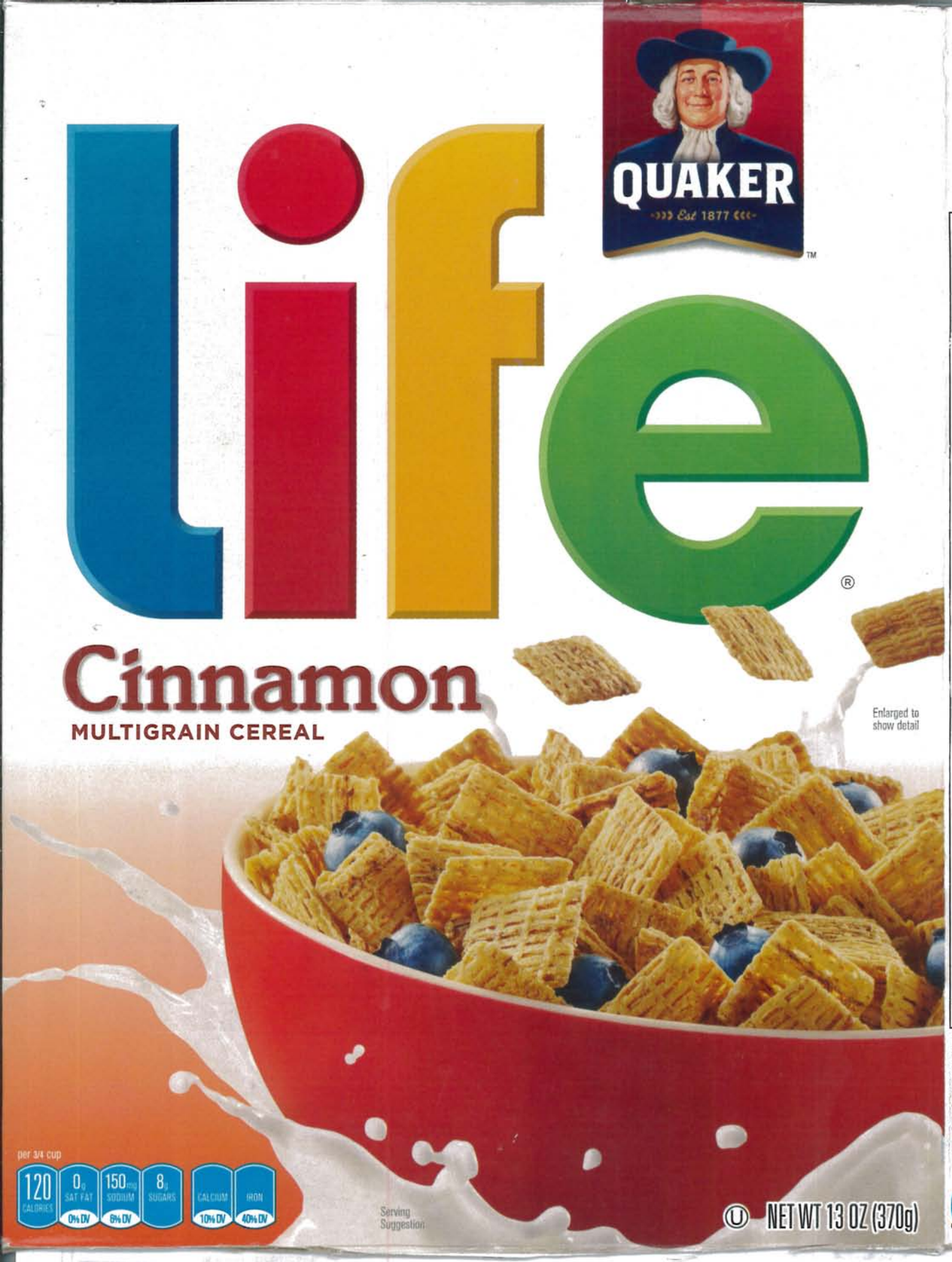
[1]ADDS A TRIVIAL AMOUNT OF SATURATED FAT AND CHOLESTEROL.

POST FOODS, LLC
800 MARKET STREET
ST. LOUIS, MO 63101 USA

EXCHANGE: 1-1/2 Starch, 1/2 Fat. Exchange calculations based on *Choose Your Foods: Exchange Lists for Diabetes*, © 2008 by the American Diabetes Association and the American Dietetic Association.

visit us at: honeybunchesofoats.com

or call weekdays:
1-800-431-POST (7678)
please have package available
se habla español



QUAKER

life

Cinnamon

Nutrition Facts

Serving Size 3/4 Cup (32g)
Serving Per Container about 12

Amount Per Serving	Cereal Alone	With 1/2 cup of Vit. A & D fortified skim milk
Calories	120	160
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 150mg	6%	9%
Potassium 80mg	2%	8%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 2g	8%	8%
Soluble Fiber 1g		
Sugars 8g		
Other Carbohydrate 15g		
Protein 3g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	10%	25%
Iron	40%	40%
Thiamin	25%	30%
Riboflavin	25%	40%
Niacin	25%	25%
Vitamin B6	25%	30%
Folic Acid	100%	100%
Phosphorus	10%	20%
Zinc	25%	30%

* Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 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
Sat. 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 oat flour, sugar, corn flour, whole wheat flour, rice flour, calcium carbonate, salt, cinnamon, disodium phosphate, caramel color, reduced iron, niacinamide*, zinc oxide, dextrin, yellow 6, BHT (a preservative), yellow 5, red 40, natural flavor, thiamin mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*, blue 1.
*One of the B vitamins

CONTAINS WHEAT INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.

Good Source of **VITAMIN D**

110 CALORIES | 0g SAT FAT | 0% DV

PER 3/4 CUP SERVING

Kellogg's®

FROSTED FLAKES™

OF CORN

THEY'RE GR-R-REAT

TONY

EAL

WT 14 OZ (397g)

Kellogg's®

FROSTED FLAKES™

Nutrition Facts

Serving Size 3/4 Cup (30g)
Servings Per Container About 13

Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	110	150
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	**0%**	**0%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 140mg	**6%**	**9%**
Potassium 35mg	**1%**	**7%**
Total Carbohydrate 27g	**9%**	**11%**
Dietary Fiber less than 1g	**3%**	**3%**
Sugars 11g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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
Sat. 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: Milled corn, sugar, contains 2% or less of malt flavoring, salt, BHT for freshness.

Vitamins and Minerals: Iron, vitamin C (ascorbic acid and sodium ascorbate), niacinamide, vitamin B_6 (pyridoxine hydrochloride), vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B_{12}.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Distributed by Kellogg Sales Co.
Battle Creek, MI 49016 USA

Questions or Comments?
VISIT kelloggs.com
CALL 1-800-962-1413 (SE HABLA ESPAÑOL)
WRITE P.O. Box CAMB Battle Creek, MI 49016
PROVIDE PRODUCTION CODE ON PACKAGE.

36USC220506

Kellogg's®

Walt Disney World® Resort

FROOT LOOPS®

KD

SWEETENED
MULTI-GRAIN
CEREAL

Kellogg's® FROOT LOOPS®

Nutrition Facts

Serving Size 1 Cup (32g/1.1oz.)
Servings Per Container About 10

Amount Per Serving	Cereal	Cereal with ½ Cup Vitamins A&D Fat Free Milk
Calories	120	160
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0.5g	3%	3%
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	9%
Potassium 35mg	1%	7%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 1g	4%	4%
Sugars 15g		
Other Carbohydrate 12g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	2%	15%
Zinc	10%	15%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 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
Sat. 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

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Corn, wheat, and oat flour; sugar; partially hydrogenated vegetable oil (one or more of: coconut, cottonseed, and soybean); salt; sodium ascorbate and ascorbic acid (vitamin C); yellow #6; niacinamide; reduced iron; natural orange, lemon, cherry, raspberry, blueberry, lime, and other natural flavors; red #40; blue #2; zinc oxide; turmeric color; pyridoxine hydrochloride (vitamin B_6); blue #1; riboflavin (vitamin B_2); thiamin hydrochloride (vitamin B_1); annatto color; vitamin A palmitate; BHT (preservative); folic acid; vitamin B_{12}; vitamin D.

CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Exchange: 2 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©1995 by The American Diabetes Association, Inc. and The American Dietetic Association.

"Toucan Sam" is a registered trademark of Kellogg Company

Visit **Kelloggs.com** for information on promotions, recipes, products, and FAQs.
To check your offer order status go to **Kelloggs.com/orders**
Phone us at 1-800-962-1413
Write to P.O. Box CAMB, Battle Creek, MI 49016-1986
Provide production code on package.