



Nutrition Facts

Per 1 cup (30 g)

Amount	Cereal	Plus 125 mL Only 2% P.S. Milk
Calories	120	180
	% Daily Value	
Fat 2 g*	3 %	7 %
Saturated 0.4 g + Trans 0 g	2 %	10 %
Cholesterol 0 mg		
Sodium 270 mg	11 %	14 %
Carbohydrate 22 g	7 %	9 %
Fibre 3 g	12 %	12 %
Sugars 1 g		
Protein 4 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	4 %	20 %
Iron	30 %	30 %
Vitamin D	0 %	25 %
Thiamine	4 %	8 %
Riboflavin	2 %	15 %
Niacin	6 %	15 %
Vitamin B ₅	10 %	15 %
Folate	8 %	10 %
Vitamin B ₁₂	0 %	25 %
Pantothenate	6 %	10 %
Phosphorus	10 %	25 %
Magnesium	15 %	25 %
Zinc	8 %	15 %

* Amount in cereal

Ingredients: Whole grain oat, modified corn starch, corn starch, sugar, salt, trisodium phosphate, calcium carbonate, monoglycerides, tocopherols, wheat starch, annatto,
Vitamins & minerals: niacinamide, calcium pantothenate, pyridoxine hydrochloride (vitamin b6), folate, iron.

Contains wheat ingredients.