



NO HIGH FRUCTOSE CORN SYRUP
 NO COLORS FROM ARTIFICIAL SOURCES
 NO ARTIFICIAL FLAVORS

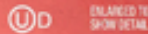
Cinnamon Toast Crunch™

mmm... REAL cinnamon



CRISPY, SWEETENED WHOLE WHEAT & RICE CEREAL

NET WT 12.2 OZ (345g)



ENLARGED TO SHOW DETAIL

PER 3/4 CUP SERVING

130 CALORIES	0.5g SAT FAT	180mg SODIUM	9g SUGARS
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SEE NUTRITION FACTS FOR "G PROCLAIM" INFORMATION

Nutrition Facts

Serving Size 1/2 cup (31g)
Servings Per Container about 11

Amount Per Serving	Cinnamon Toast Crunch	with 1/2 cup skim milk
Calories	130	170
Calories from Fat	30	30
% Daily Value**		
Total Fat 3g*	5%	5%
Saturated Fat 0.5g	2%	2%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	1%
Sodium 180mg	7%	10%
Potassium 55mg	2%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 2g	7%	7%
Sugars 9g		
Other Carbohydrate 14g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
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	6%	15%
Magnesium	4%	6%
Zinc	25%	30%
Copper	2%	2%

* Amount in cereal. A serving of cereal plus skim milk provides 3g total fat, less than 5mg cholesterol, 240mg sodium, 260mg potassium, 31g total carbohydrate (15g sugars), and 5g 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