

NUTRITIONAL INFORMATION GUIDELINE

Choosing a healthy cereal can be tricky and confusing, Follow the below guideline to make the best choice - and don't forget to enjoy with a glass of low-fat milk and some fruit. Remember a healthy breakfast sets the tone for the day!

Nutrition Facts	
Serving Size: 1 cup (45g)	
Servings Per Container: About 6	
Amount Per Serving	
Calories 160 Calories from Fat 15	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
*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
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: ORGANIC 100% STONEGROUND PURPLE CORN, ORGANIC CANE SUGAR, SEA SALT.
Made in a facility that uses tree nuts and soy.

- 3 GRAMS OR LESS OF FAT PER SERVING
- 5 GRAMS OR MORE OF FIBER PER SERVING
- 8 GRAMS OR LESS OF SUGAR PER SERVING
- MAKE SURE SUGAR IS NOT LISTED AMONG THE FIRST FEW INGREDIENTS
- LESS THAN 250 MILLIGRAMS OF SODIUM PER SERVING
- AT LEAST 25% DAILY VALUE OF IRON
- AIM FOR IRON ENRICHED CEREALS