

# 200336 - Post Variety Cup Pack

Benefits vary by cup flavor



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
28571	200336	00884912285713	1/60 ea

Brand	Brand Owner	GPC Description
Post	Post Consumer Brands	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.95 LBR	8.125 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
20.69 INH	11.69 INH	14.63 INH	2.048 FTQ	8x3	365 Days	30 FAH / 100 FAH

## Nutrition Facts

Servings per container	
<b>Serving Size</b>	<b>57 grams</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1 g	<b>2%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 5 mg	<b>0%</b>
<b>Total Carbohydrates</b> 47 g	<b>16%</b>
Dietary Fiber 6 g	<b>24%</b>
Total Sugars 12 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 5 g	
Vitamin D	%
Calcium	0%
Iron	90%
Potassium	%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - NI
- Eggs - NI
- Soy - NI
- Wheat - NI
- Sesame - NI
- Peanuts - NI
- Tree Nuts - NI
- Fish - NI
- Shellfish - NI

## SERVING SUGGESTIONS



## INGREDIENTS



Ingredients: Whole Grain Wheat, Sugar, Gelatin. Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Folic Acid, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin B12. Contains Wheat

## HANDLING SUGGESTIONS



Dry Storage

## PREPARATION & COOKING SUGGESTIONS



## MORE INFORMATION





NUTRITIONAL ANALYSIS



Calories	200
Protein	5 g
Total Carbohydrates	47 g
Sugars	12 g
Dietary Fiber	6 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	5 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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