



MARKETING



Nutrition Facts

Servings per container

**Serving Size** 57 grams

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**Amount Per Serving**

**Calories** 200

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% Daily Value\*

**Total Fat** 1 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

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**Cholesterol** 0 mg **0%**

**Sodium** 5 mg **0%**

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**Total Carbohydrates** 47 g **16%**

Dietary Fiber 6 g **24%**

Total Sugars 12 g

Includes Added Sugars %

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**Protein** 5 g

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Vitamin D %

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Calcium 0%

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Iron 90%

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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.

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     |

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



MORE IMAGES

