

# 200779 - Cheerios(TM) Cereal Single Serve Cup 1.3 oz

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces in the perfect size option for the on-the-go patron.



## MARKETING

The classic toasted whole grain oat, gluten-free cereal is a family favorite that generations can enjoy. Ready to eat dry cereal in a convenient, portable cup. 60 per case.. Cup has room for milk—no dishes required. Made with 100% whole grain oats and fortified with 11 essential vitamins and minerals. Recommended for business and industry, college and university, lodging, and healthcare settings.

## Nutrition Facts

60 Servings per container

**Serving Size** 1 container

**Amount Per Serving**  
**Calories** **130**

% Daily Value\*

**Total Fat** 2.5 **3%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

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

**Sodium** 180 mg **8%**

**Total Carbohydrates** 26 g **9%**

Dietary Fiber 4 g **14%**

Total Sugars 2 g

Includes 1 g Added Sugars **2%**

**Protein** 5 g

Vitamin D 8%

Calcium 8%

Iron 60%

Potassium 4%

\* 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
28931000	200779	00016000289314	60/1.3 OZ

Brand	Brand Owner	GPC Description
Cheerios	GENERAL MILLS SALES INC.	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
8.000 LBR	4.88 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
16.500 INH	12.250 INH	18.000 INH	2.10500 FTQ	9x5	312 Days	32 FAH / 95 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 - 30
- Eggs - 30
- Soy - 30
- Wheat - 30
- Sesame - 30
- Peanuts - 30
- Tree Nuts - 30
- Fish - 30
- Shellfish - NI

## SERVING SUGGESTIONS

1 container

## INGREDIENTS

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

## HANDLING SUGGESTIONS

Keep in a dry cool place

## PREPARATION & COOKING SUGGESTIONS

READY TO EAT

## MORE INFORMATION

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## NUTRITIONAL ANALYSIS



Calories	130
Protein	5 g
Total Carbohydrates	26 g
Sugars	2 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	180 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



ARTIFICIAL_SWEETENERS	FREE_FROM	GLUTEN	FREE_FROM	FAT	LOW
TRANS_FAT	FREE_FROM	WHOLE_GRAIN	EXCELLENT_SOURCE_OF	MSG	FREE_FROM
CALCIUM	GOOD_SOURCE_OF	FIBRE	GOOD_SOURCE_OF	VITAMIN_D	GOOD_SOURCE_OF
HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM	GMO	FREE_FROM
FREE_FROM_GLUTEN	YES	VEGETARIAN	YES	KOSHER	YES

## MORE IMAGES

