

Cheerios

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 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 180 mg	8%
Total Carbohydrates 27 g	10%
Dietary Fiber 4 g	14%
Total Sugars 2 g	
Includes 1 g Added Sugars	2%
Protein 5 g	
Vitamin D 3.6 mcg	15%
Calcium 120 mg	8%
Iron 11.6 mg	60%
Potassium 240 mg	6%
* 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	TlxHI	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

HANDLING SUGGESTIONS

Keep in a cool, dry place

SERVING SUGGESTIONS

1 container

PREPARATION & COOKING SUGGESTIONS

Ready to eat

INGREDIENTS

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins 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.

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	Peanuts - 30
Eggs - 30	Tree - 30
Soybean - 30	Fish - 30
Wheat - 30	Shellfish - NI
Sesame - 30	Crustaceans - 30
Pine Nuts - 30	Almonds - 30
Cashews - 30	Hazelnuts - 30
Macadamia Nuts - 30	Chestnuts - 30
Coconuts - 30	Pecan Nuts - 30
Brazil Nuts - 30	Pistachios - 30
Walnuts - 30	Molluscs - 30
X99 - UN	

MORE INFORMATION



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NUTRITIONAL ANALYSIS

Calories	130	Total Fat	2.5	Sodium	180 mg
Protein	5 g	Trans Fat	0 g	Calcium	120 mg
Total Carbohydrates	27 g	Saturated Fat	0 g	Iron	11.6 mg
Sugars	2 g	Added Sugars	1 g	Potassium	240 mg
Dietary Fiber	4 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	3.6 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

GMO	FREE_FROM	ENERGY	SOURCE_OF	FIBRE	GOOD_SOURCE_OF
GLUTEN	FREE_FROM	MSG	FREE_FROM	VITAMIN_D	EXCELLENT_SOURCE_OF
SATURATED_FAT	LOW	VITAMIN_D	GOOD_SOURCE_OF	CALCIUM	GOOD_SOURCE_OF
TRANS_FAT	FREE_FROM	CHOLESTEROL	FREE_FROM	IRON	GOOD_SOURCE_OF
CHOLESTEROL	LOW	FAT	LOW	PROTEIN	GOOD_SOURCE_OF
IRON	EXCELLENT_SOURCE_OF	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	ARTIFICIAL_SWEETENERS	FREE_FROM
ARTIFICIAL_FLAVOUR	FREE_FROM	WHOLE_GRAIN	EXCELLENT_SOURCE_OF	WHOLE_GRAIN	CONTAINS
FREE_FROM_GLUTEN	YES	KOSHER	YES	VEGETARIAN	YES

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