

#### MARKETING



# 12 Servings per container 3/4 CUP

**Nutrition Facts** 

**Serving Size** 

Amount Per Serving **Calories** 

5%

	% Daily Value*
Total Fat 1 g	2%

Saturated Fat 1 g Trans Fat 0 g

Cholesterol 0 mg 0% 6% Sodium 140 mg

**Total Carbohydrates** 23 g 8% Dietary Fiber 0 g 0%

Total Sugars 9 g

% **Includes Added Sugars** 

## Protein 1 g

Vitamin D	20%
Calcium	0%
Iron	10%
Potogojum 20 mg	104

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

#### PRODUCT SPECIFICATIONS

Code Dist Prod Code		GTIN	Calculated Pack	
88011	201969	10884912129748	12 x 15 OZ	

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
14.39 LBR	11.25 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.94 INH	13.31 INH	12.94 INH	1.588800 FTQ	9x3	365 Days	30 FAH / 100 FAH

### HANDLING SUGGESTIONS

Dry Storage



**SERVING SUGGESTIONS** 



PREPARATION & COOKING SUGGESTIONS

Serve with 1/2 cup skim milk

Ready to Eat

advice.

## **INGREDIENTS**



INGREDIENTS: RICE, SUGAR, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), SALT, CONTAINS LESS THAN 0.5% OF NATURAL AND ARTIFICIAL FLAVOR, RED 40, YELLOW 6, TURMERIC OLEORESIN (COLOR), BLUE 1, YELLOW 5, BLUE 2, BHA (TO HELP PROTECT FLAVOR). VITAMINS AND MINERALS: SODIUM ASCORBATE (SOURCE OF VITAMIN C), ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, ZINC OXIDE (SOURCE OF ZINC), VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), 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'



















Crustaceans - N

MORE INFORMATION



# 201969 - Post Fruity Pebbles

Chalasteral Free

## NUTRITIONAL ANALYSIS



Calories	110
Protein	1 g
Total Carbohydrates	23 g
Sugars	9 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

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

Sodium	140 mg
Calcium	
Iron	
Potassium	20 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### **NUTRITIONAL CLAIMS**

