

SweetWARE Nutrition Label Cereal Recipe

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Nutrition Facts		
Per 1/2 cup (18 g) (About 2 cups prepared)		
	As sold	With 1/2 cup skim milk†
Calories	70	220
	% Daily Value*	
Total Fat 1 g [†]	1 %	3 %
Saturated 0 g	0 %	2 %
+ Trans 0 g		
Carbohydrate 14 g		
Fiber 1 g	5 %	9 %
Sugars 6 g	6 %	24 %
Protein 2 g		
Cholesterol 0 mg		
Sodium 100 mg	4 %	13 %
Potassium 75 mg	2 %	11 %
Calcium 75 mg	6 %	35 %
Iron 3.5 mg	21 %	42 %
† Amount As sold.		
* 5% or less is a little , 15% or more is a lot		

INGREDIENTS: Honey Nut Cereal
(whole grain oats, sugar, oat bran,
corn starch, honey, brown sugar, ...)
CONTAINS: Almonds