

INGREDIENTS: Corn flour, sugar, oat flour, palm and/or coconut oil, salt, sodium citrate, molasses, malic acid, red 40, natural and artificial flavor, reduced iron*, yellow 5, niacinamide*, blue 1, yellow 6, BHT (to preserve freshness), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*.
* One of the B vitamins

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.

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UPC/PURCHASE SEAL



MEGA BERRIES — 0.52

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CAP'N CRUNCH'S
CRUNCH
MEGA
BERRIES
SNACK POUCH

NATURALLY & ARTIFICIALLY FLAVORED™

3X BIGGER BERRIES*

60 CALORIES

SWEETENED CORN & OAT SNACK

NET WT 0.52 OZ (15 g)



Nutrition Facts

1 serving per container
Serving size 1 pouch (15g)

Amount per serving
Calories 60

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	1%
Total Sugars 6g	
Includes 6g Added Sugars	13%

Protein less than 1g

Vitamin D 0mcg	0%	Calcium 0mg	0%
Iron 3.2mg	15%	Potassium 20mg	0%
Thiamin 0.12mg	10%	Riboflavin 0.13mg	10%
Niacin 1.6mg	10%	Vitamin B ₆ 0.17mg	10%
Folate 80mcg DFE	20%		
(54mcg Folic Acid)			

* The % Daily Value (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.

*compared to size of
Crunchberries in original
cereal

