





NO ARTIFICIAL COLORS OR FLAVORS



8g OF WHOLE GRAINS PER SERVING*

*48G OF WHOLE GRAINS RECOMMENDED DAILY

Nutrition Facts

About 8 servings per container

Serving size About 1 2/3 cups (28g)

<u>Calories</u>	Per serving 140		80	
		% DV*		% DV*
Total Fat	6g	7%	3.5g	4%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	105mg	5%	65mg	3%
Total Carb.	21g	8%	12g	5%
Dietary Fiber	1g	4%	<1g	2%
Total Sugars	12g		7g	
Incl. Added Sugars	11g	23%	7g	14%
Protein	<1g		<1g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.2mg	0%	0.1mg	0%
Potassium	30mg	0%	20mg	0%

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food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SUGAR, POPCORN, CANOLA OIL, CORN SYRUP, SALT, SOY LECITHIN, ROSEMARY EXTRACT (ANTIOXIDANT), ASCORBIC ACID (ANTIOXIDANT), AND NATURAL FLAVORS. CONTAINS SOY INGREDIENTS.

Allergy Information: Made on equipment that makes products containing peanuts and tree nuts.

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QUESTIONS OR COMMENTS? 1-888-924-5654 WEEKDAYS 9:00AM-4:30PM CENTRAL TIME

CHOKE WARNING: DO NOT GIVE TO CHILDREN YOUNGER THAN 4 YEARS OLD.







