

Product Name & Universal Product Code (UPC)

UPC code: 065633179060

Description: Multi-Grain Cheerios™ Bowl Pack

Ingredient Declaration

Whole grain oats, Whole grain corn, Sugars (sugar and/or golden sugar, golden syrup), Corn starch, Brown rice flour, Whole sorghum flour, Salt, Calcium carbonate, Trisodium phosphate, Monoglycerides, Caramel and annatto (for colour), Tocopherols (for freshness), Vitamins & minerals: Iron, Niacinamide (vitamin B3), Calcium pantothenate (vitamin B5), Pyridoxine hydrochloride (vitamin B6), Folate.

Contains: Oats

Nutrition Information

Nutrition Facts

Serving Per 1 bowl (20 g)
Size

NLRCalories	80kcal	
NLRFat	1g	1%
NLR Saturated	0.2g	
NLR Trans	0g	
NLR Sat+Trans		1%
NLRCarbohydrate	16g	
NLR Fibre	1g	4%
NLR Sugars	4g	4%
NLR Protein	2g	
NLR Cholesterol	0mg	
NLR Sodium	110mg	5%
NLR Potassium	50mg	1%
NLR Calcium	75mg	6%
NLR Iron	2.5mg	14%
NLR Niacin	1mg	6%
NLR Vitamin B6	0.125mg	7%
NLR Folate	20µg/DFE	5%
NLR Pantothenate	0.3mg	6%

*Amount in cereal.

*5% or less is a little, 15% or more is a lot.