FRUIT WHIRLS®

Nutrition Facts

Serving Size 1 cup (32g)
Servings Per Container 31

Amount Per Serving	Dry	Cereal with 1/2 cup Vitamins A&D skim milk
Calories	120	160
Calories from Fat	0	0
		% Daily Value**
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	8%
Potassium 25mg	1%	7%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 1g	4%	4%
Sugars 15g		
Other Carbohydrate 12g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	50%	50%
Vitamin B12	25%	25%
Magnesium	2%	6%
Zinc	25%	30%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CORN, WHEAT AND OAT FLOUR, SUGAR, CALCIUM CARBONATE, SALT, NATURAL ORANGE, CHERRY, LEMON, LIME, RASPBERRY AND BLUEBERRY FLAVORS, RED #40, COLOR ADDED, YELLOW #6, BLUE #1, PRESERVATIVE (BHT).

VITAMINS & MINERALS: VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), REDUCED IRON, NIACINAMIDE, ZINC OXIDE, VITAMIN B12, FOLIC ACID, VITAMIN D, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), AND VITAMIN B1 (THIAMIN HYDROCHLORIDE).

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Allergy Information: Contains: Wheat, Soy

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