

| Nutrition Facts   |           |                               |             |
|---|-----------|-------------------------------|-------------|
| Serving Size: 3/4 Cup (31g)   |           |                               |             |
| Servings Per Package: About 18  |           |                               |             |
| Amount Per Serving  |           | Cereal With 1/2 Cup Skim Milk |             |
|   |           | Cereal                        | Skim Milk   |
| <b>Calories</b>   |           | 120                           | 160         |
| Calories from Fat   |           | 0                             | 0           |
| % Daily Value**   |           |                               |             |
| <b>Total Fat</b> 0g*  |           | <b>0%</b>                     | <b>0%</b>   |
| Saturated Fat 0g  |           | <b>0%</b>                     | <b>0%</b>   |
| Trans Fat 0g  |           |                               |             |
| Polyunsaturated Fat 0g  |           |                               |             |
| Monounsaturated Fat 0g  |           |                               |             |
| <b>Cholesterol</b> 0mg  |           | <b>0%</b>                     | <b>1%</b>   |
| <b>Sodium</b> 180mg   |           | <b>7%</b>                     | <b>10%</b>  |
| <b>Potassium</b> 20mg   |           | <b>1%</b>                     | <b>6%</b>   |
| <b>Total Carbohydrate</b> 28g   |           | <b>9%</b>                     | <b>11%</b>  |
| Dietary Fiber 1g  |           | <b>2%</b>                     | <b>2%</b>   |
| Sugars 12g  |           |                               |             |
| Other Carbohydrate 15g  |           |                               |             |
| <b>Protein</b> 2g   |           |                               |             |
| Vitamin A   |           | 15%                           | 20%         |
| Vitamin C   |           | 25%                           | 25%         |
| Calcium   |           | 0%                            | 15%         |
| Iron  |           | 25%                           | 25%         |
| Vitamin D   |           | 10%                           | 25%         |
| Thiamin   |           | 50%                           | 50%         |
| Riboflavin  |           | 50%                           | 60%         |
| Niacin  |           | 50%                           | 50%         |
| Vitamin B6  |           | 50%                           | 50%         |
| Folate (Folic Acid)   |           | 25%                           | 25%         |
| Vitamin B12   |           | 25%                           | 35%         |
| * Amount in cereal. One-half cup skim milk contributes an additional 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         |
| Saturated 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:** Milled corn, sugar, salt, malt extract, corn syrup, vitamin C (ascorbic acid), niacin (niacinamide), reduced iron, vitamin A palmitate, vitamin B12, vitamin B6 (pyridoxine hydrochloride), folate (folic acid), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin D, wheat starch.

**Contains wheat ingredients. Corn used in this product contains traces of soybeans.**

MALT-O-MEAL

SUGAR FROSTED FLAKES CEREAL

20 oz. Package

SFF-3.5

Approved: 10/11/06

Nutrition Facts have been developed to comply with current Federal regulations.

42400-09817 4/45 oz Malt-O-Meal Frosted Flakes