

Nutrition Facts

Serving Size: 3/4 Cup (30g)

Servings Per Package: TBD

| Amount Per Serving | Cereal | Cereal With 1/2 Cup Skim Milk |
|--------------------------------------------------------------------------------------------------------------------------------------|------------|-------------------------------|
| Calories | 120 | 160 |
| Calories from Fat | 15 | 15 |
| % Daily Value** | | |
| Total Fat 1.5g* | 2% | 2% |
| Saturated Fat 0.5g | 3% | 3% |
| Trans Fat 0g | | |
| Polyunsaturated Fat 0g | | |
| Monounsaturated Fat 0g | | |
| Cholesterol 0mg | 0% | 1% |
| Sodium 240mg | 10% | 13% |
| Potassium 35mg | 1% | 6% |
| Total Carbohydrate 26g | 9% | 11% |
| Dietary Fiber 1g | 4% | 4% |
| Sugars 13g | | |
| Protein 1g | | |
| Vitamin A | 10% | 15% |
| Vitamin C | 10% | 10% |
| Calcium | 0% | 15% |
| Iron | 50% | 50% |
| Vitamin D | 10% | 20% |
| Thiamin | 25% | 30% |
| Riboflavin | 25% | 35% |
| Niacin | 25% | 25% |
| Vitamin B6 | 25% | 25% |
| Folate (Folic Acid) | 50% | 50% |
| Vitamin B12 | 25% | 35% |
| Zinc | 25% | 25% |
| * 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 |

Ingredients: Corn Flour, Sugar, Brown Sugar Syrup, Whole Grain Oat Flour (includes the oat bran), Coconut Oil and/or Canola Oil and/or Partially Hydrogenated Soybean Oil, Salt, Yellow 5 & 6, Soy Lecithin.

Vitamins & Minerals: **Vitamin B1** (thiamin mononitrate), **Vitamin B2** (riboflavin), **Niacin** (niacinamide), **Vitamin B6** (pyridoxine hydrochloride), **Folic Acid**, **Vitamin B12**, **Vitamin A Palmitate**, **Vitamin C** (sodium ascorbate), **Vitamin D**, **Reduced Iron**, **Zinc** (zinc oxide).

Contains Soybean Ingredients.

MOM Brands® Sweetened Corn Crunch Cereal CC-9.0 RTE

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

42400-09824 4/45 oz Malt-O-Meal Colossal Crunch