

Nutrition Facts

Serving Size: 1-1/4 Cup (33g)
Servings Per Package: TBD

		Cereal With	
Amount		1/2 Cup	
Per Serving		Cereal	Skim Milk
Calories		130	170
Calories from Fat		0	0
		% Daily Value**	
Total Fat	0g*	0%	0%
Saturated Fat	0g	0%	0%
Trans Fat	0g		
Cholesterol	0mg	0%	1%
Sodium	300mg	12%	15%
Potassium	40mg	1%	7%
Total			
Carbohydrate	29g	10%	12%
Dietary Fiber	0g	0%	0%
Sugars	3g		
Other Carbohydrate	26g		
Protein 2g			
Vitamin A		10%	15%
Vitamin C		10%	10%
Calcium		0%	15%
Iron		50%	50%
Vitamin D		10%	25%
Thiamin		25%	30%
Riboflavin		25%	35%
Niacin		25%	25%
Vitamin B6		25%	25%
Folate (Folic Acid)		100%	100%
Vitamin B12		25%	30%
Phosphorus		4%	15%
Magnesium		2%	6%
Zinc		25%	25%
Copper		4%	4%
* 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 cal-orie 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: Rice, sugar, salt, high fructose corn syrup, malt extract, ferric orthophosphate (iron), vitamin C (sodium ascorbate), zinc (zinc oxide), niacin (niacinamide), vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin D, folate (folic acid), vitamin B12. BHT (to preserve freshness.

MALT-O-MEAL

CRISP RICE CEREAL
Food Service Bag
CR-9.0 FS

Approved: 04/01/09

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

42400-90528 4/32 oz Malt-O-Meal Crispy Rice