

Nutrition Facts

Serving Size: 1 Cup (32g)
Servings Per Package: TBD

Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
Calories	130	170
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 150mg	6%	9%
Potassium 35mg	1%	7%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 1g	4%	4%
Sugars 15g		
Other Carbohydrate 12g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate (Folic Acid)	50%	50%
Vitamin B12	25%	30%
Phosphorus	2%	15%
Magnesium	2%	6%
Zinc	25%	30%
* 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: Corn, wheat and whole grain oat flour, sugar, salt, calcium carbonate, natural orange, lemon, cherry, blueberry, raspberry, lime and other natural flavors, vitamin C (sodium ascorbate and ascorbic acid), yellow 6, niacin (niacinamide), vitamin A palmitate, reduced iron, zinc (zinc oxide), red 40, blue 1, vitamin B12, yellow 5, folate (folic acid), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin B2 (riboflavin), vitamin D. BHT (to preserve freshness).

Contains wheat ingredients. Grains used in this product contain traces of soybeans.

Malt-O-Meal® Company Frosted Fruit Flavored Cereal FFO-7.0 Box

Formula Approved: 04/02/07
NFP Released: 06/09/08

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

42400-09819 4/35 oz Malt-O-Meal Tootie Fruities



Heileen Olson

K12 Sales Manager

12/4/15