

Nutrition Facts

Serving Size: 3/4 Cup (27g)
Servings Per Package: TBD

Amount Per Serving	Cereal With 1/2 Cup Skim Milk	
	Cereal	Skim Milk
Calories	110	150
Calories from Fat	5	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%	0%
Sodium 170mg	7%	9%
Potassium 20mg	1%	6%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 0g	0%	0%
Sugars 11g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	10%	10%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate (Folic Acid)	25%	25%
Vitamin B12	25%	35%
Zinc	10%	15%
* 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: Rice, Sugar, Corn Syrup, Canola and/or Sunflower Oil, Contains 2% or less of: Salt, Natural and Artificial Flavor, Blue 1, Red 40, Yellow 6, Yellow 5.

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

MOM Brands® Fruit Flavored Crisp Rice Cereal FFR-5.0 RTE Regulatory NFP Created: 07/01/13 Graphics NFP Released: 07/02/13

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

GLUTEN-FREE

42400-09828 4/46 oz Malt-O-Meal Fruity Dyno-Bites



Merilee Olson

K12 Sales Manager

12/4/15