

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	15
USDA Bioengineered (BE) Status	BE disclosure not required

Ingredients: Whole grain oat flour, whole wheat flour, cane sugar, degerminated yellow corn meal, oat fiber, banana puree, strawberry puree, expeller pressed canola oil, salt, natural flavors, vegetable juice for color, mixed tocopherols (vitamin E) for freshness.

[illegible]

Nutrient Contents Per 100g					
Calories	357		Vitamin E	6	mg
Total Fat	3.8	g	Vitamin K	NA	mcg
Saturated Fat	0.6	g	Thiamin	0.13	mg
Trans Fat	0	g	Riboflavin	0.04	mg
Polyunsaturated Fat	1.5	g	Niacin (NE)	1	mg
Monounsaturated Fat	1.4	g	Vitamin B6	0.06	mg
Cholesterol	0	mg	Folate (DFE)	15	mcg
Sodium	399	mg	Folic Acid	0	mcg
Total Carbohydrate	83.1	g	Vitamin B12	0	mcg
Dietary Fiber	11.2	g	Biotin	NA	mcg
Soluble Fiber	2.8	g	Pantothenic Acid	NA	mg
Insoluble Fiber	8.4	g	Phosphorus	223	mg
Total Sugars	23.7	g	Iodine	NA	mcg
Added Sugars	22.1	g	Magnesium	74	mg
Sugar Alcohols	0	g	Zinc	1.7	mg
Protein	7.3	g	Selenium	NA	mcg
Vitamin D	0	mcg	Copper	0.25	mg
Calcium	28.4	mg	Manganese	2.12	mg
Iron	2.2	mg	Chromium	NA	mcg
Potassium	287	mg	Molybdenum	NA	mcg
Vitamin A (RAE)	9	mcg	Chloride	NA	mg
Vitamin C	0	mg	Choline	NA	mg
NA = Database values for the nutrient do not exist or are incomplete.			Fluoride	NA	mg
			Moisture	2.975	%
			Ash	2.825	%
			Whole Grain	55.8	%



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