



Cheerios™ 1oz Bowlpak Cereal

Whole Grain Oats - First Ingredient. Toasted Whole Grain Oat Cereal in ring-shaped pieces. Provides 12 vitamins and minerals, and one gram of sugar per bowlpak. 1 oz eq grain. No Artificial Colors & No Artificial Flavors.

UNIT SIZE: 1 OZ
CASE COUNT: 96

PRODUCT CODE: 32262000
UPC: 016000322622
GTIN: 10016000322629

Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
Calories	100	
Calories From Fat	15	
Total Fat	2g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	140mg	6%
Potassium	180mg	5%
Total Carbohydrate	20g	7%
Dietary Fiber	3g	11%
Soluble Fiber	1g	
Sugars	1g	
Protein	3g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	
Iron	45%	
Vitamin D	10%	
Thiamin	25%	
Riboflavin	2%	
Niacin	25%	
Vitamin B6	25%	
Folic Acid	50%	
Vitamin B12	25%	
Phosphorus	10%	
Magnesium	8%	
Zinc	25%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet
 * - Not a significant nutrient source
 * Nutritional information is subject to change. See product label to verify ingredients and allergens.
 *Do not eat raw dough or batter.
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Ingredients

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.



Kosher:

Package Information

NET WEIGHT: N/A
 VOLUME: 2.346 CF
 HEIGHT: 18.62 IN
 LENGTH: 16.75 IN
 WIDTH: 13 IN
 CASE SIZE: 2.346 CF

KEY FEATURES:

Gluten Free
 Whole Grain