

| Nutrition Facts | |
|--|------------|
| About X servings per Container | |
| Serving size 1 1/2 Cup (41g) | |
| Amount per serving | |
| Calories | 160 |
| % Daily Value* | |
| Total Fat 3g | 4% |
| Saturated Fat 0.5g | 3% |
| <i>Trans</i> Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Sodium 200mg | 9% |
| Total Carbohydrate 30g | 11% |
| Dietary Fiber 3g | 11% |
| Soluble Fiber 1g | |
| Insoluble Fiber 2g | |
| Total Sugars 0g | |
| Incl. 0g Added Sugars | 0% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 220mg | 15% |
| Iron 14.4mg | 80% |
| Potassium 130mg | 2% |
| Thiamin | 30% |
| Riboflavin | 50% |
| Niacin | 50% |
| Vitamin B ₆ | 20% |
| Folate 200mcg DFE (120mcg folic acid) | 50% |
| Vitamin B ₁₂ | 40% |
| Phosphorus | 10% |
| Magnesium | 10% |
| Zinc | 60% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Grain Oat Flour, Wheat Starch, Calcium Carbonate, Salt, Trisodium Phosphate, Caramel Color.

Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide, Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Vitamin B12.

CONTAINS WHEAT.

Post Consumer Brands

TO-101 RTE
(Circle U)

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