

FRU: Stackerz - Mixed Berry

Nutrition Facts	
Serving Size 1 pouch (21g)	
Servings Per Container 8	
Amount Per Serving	
Calories	80
Calories from Fat	10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 17g	6%
Sugars 8g	
Protein 0g	
Vitamin C	10%
Not a significant source of dietary fiber, vitamin A, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: GRAPES FROM CONCENTRATE, SUGAR, MALTODEXTRIN, CORN SYRUP, PEARS FROM CONCENTRATE, PARTIALLY HYDROGENATED COTTONSEED OIL, CARRAGEENAN, CITRIC ACID, ACETYLATED MONO AND DIGLYCERIDES, SODIUM CITRATE, MALIC ACID, XANTHAN GUM, LOCUST BEAN GUM, VITAMIN C (ASCORBIC ACID), POTASSIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, COLOR (RED 40, BLUE 1, YELLOW 5 & 6).

FRU: Stackerz - Tropical Berry

Nutrition Facts	
Serving Size 1 pouch (21g)	
Servings Per Container 8	
Amount Per Serving	
Calories	80
Calories from Fat	10
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 17g	6%
Sugars 9g	
Protein 0g	
Vitamin C	10%
Not a significant source of dietary fiber, vitamin A, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: GRAPES FROM CONCENTRATE, SUGAR, MALTODEXTRIN, CORN SYRUP, PEARS FROM CONCENTRATE, PARTIALLY HYDROGENATED COTTONSEED OIL, CARRAGEENAN, CITRIC ACID, ACETYLATED MONO AND DIGLYCERIDES, SOMUN CITRATE, MALIC ACID, XANTHAN GUM, LOCUST BEAN GUM, VITAMIN C (ASCORBIC ACID), POTASSIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, COLOR (RED 40, BLUE 1, YELLOWS 5 & 6).

GoGurt: Fizzix - Strawberry Lemonade Jolt & Wild Cherry Zing

Nutrition Facts

Serving Size 1 tube (64g)
Servings Per Container 8

Amount Per Serving

Calories 70
Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol less than 5mg 1%

Sodium 30mg 1%

Potassium 90mg 3%

Total Carbohydrate 13g 4%

Sugars 10g

Protein 2g 4%

Vitamin A 6% • Calcium 10%

Vitamin D 6% • Riboflavin 4%

Phosphorus 6%

Not a significant source of dietary fiber, vitamin C and iron.

*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
Sat 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
Protein		50g	65g

WILD CHERRY INGREDIENTS: WILD CHERRY YOGURT (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, KOSHER GELATIN, TRICALCIUM PHOSPHATE, CITRIC ACID, MALIC ACID, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, CARRAGEENAN, RED #40, VITAMIN A ACETATE, VITAMIN D₃), CARBON DIOXIDE (FOR CARBONATION).

STRAWBERRY LEMONADE INGREDIENTS: STRAWBERRY LEMONADE YOGURT (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, KOSHER GELATIN, TRICALCIUM PHOSPHATE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, CARRAGEENAN, RED #40, VITAMIN A ACETATE, VITAMIN D₃), CARBON DIOXIDE (FOR CARBONATION).

GoGurt: Fizzix - Triple Berry Fusion & Fruit Punch Charge

Nutrition Facts

Serving Size 1 tube (64g)
Servings Per Container 8

Amount Per Serving	
Calories	70
Calories from Fat	5

		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	30mg	1%
Potassium	90mg	3%
Total Carbohydrate	13g	4%
Sugars	10g	
Protein	2g	4%

Vitamin A 6% • Calcium 10%

Vitamin D 6% • Riboflavin 4%

Phosphorus 6%

Not a significant source of dietary fiber, vitamin C and iron.

* 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	
Sat 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	
Protein		50g	65g	

FRUIT PUNCH INGREDIENTS: FRUIT PUNCH YOGURT (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, KOSHER GELATIN, TRICALCIUM PHOSPHATE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, CARRAGEENAN, RED #40, VITAMIN A ACETATE, VITAMIN D₃, CARBON DIOXIDE (FOR CARBONATION)).

TRIPLE BERRY INGREDIENTS: TRIPLE BERRY YOGURT (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, KOSHER GELATIN, TRICALCIUM PHOSPHATE, CITRIC ACID, MALIC ACID, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, NATURAL AND ARTIFICIAL FLAVOR, CARRAGEENAN, RED #40, BLUE #1, VITAMIN A ACETATE, VITAMIN D₃, CARBON DIOXIDE (FOR CARBONATION)).

GoGurt: Fizzix - Strawberry Watermelon Rush & Blue Raspberry Rage

Nutrition Facts		
Serving Size 1 tube (64g)		
Servings Per Container 8		
Amount Per Serving		
Calories	70	
Calories from Fat	5	
% Daily Value*		
Total Fat 0.5g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol less than 5mg	1%	
Sodium 30mg	1%	
Potassium 90mg	3%	
Total Carbohydrate 13g	4%	
Sugars 10g		
Protein 2g	4%	
Vitamin A 6% • Calcium 10%		
Vitamin D 6% • Riboflavin 4%		
Phosphorus 6%		
Not a significant source of dietary fiber, vitamin C and iron.		
*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
Sat 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
Protein	50g	65g

BLUE RASPBERRY INGREDIENTS: BLUE RASPBERRY YOGURT (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, KOSHER GELATIN, TRICALCIUM PHOSPHATE, CITRIC ACID, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR, BLUE #1, VITAMIN A ACETATE, VITAMIN D₃), CARBON DIOXIDE (FOR CARBONATION).

STRAWBERRY WATERMELON INGREDIENTS: STRAWBERRY WATERMELON YOGURT (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, KOSHER GELATIN, TRICALCIUM PHOSPHATE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, CARRAGEENAN, RED #40, VITAMIN A ACETATE, VITAMIN D₃), CARBON DIOXIDE (FOR CARBONATION).

Cocoa Puffs Combos

Nutrition Facts			
Serving Size $\frac{3}{4}$ cup (27g)			
Servings Per Container about 12			
Amount Per Serving	Cocoa Puffs Combos	with $\frac{1}{2}$ cup skim milk	
Calories	110	150	
Calories from Fat	15	15	
% Daily Value**			
Total Fat 1.5g*	2%	3%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 1g			
Cholesterol 0mg	0%	1%	
Sodium 160mg	7%	9%	
Potassium 40mg	1%	7%	
Total Carbohydrate 23g	8%	10%	
Dietary Fiber 1g	4%	4%	
Sugars 11g			
Other Carbohydrate 11g			
Protein 1g			
Vitamin A	10%	15%	
Vitamin C	10%	10%	
Calcium	10%	25%	
Iron	25%	25%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	25%	25%	
Folic Acid	25%	25%	
Vitamin B ₁₂	25%	35%	
Phosphorus	4%	15%	
Magnesium	2%	6%	
Zinc	25%	30%	

*Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 220mg sodium, 240mg potassium, 23g total carbohydrate (17g sugars) and 5g 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
Sat 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: WHOLE GRAIN CORN, SUGAR, CORN MEAL, CANOLA AND/OR RICE BRAN OIL, CORN SYRUP, CORN STARCH, MODIFIED CORN STARCH, SALT, TRICALCIUM PHOSPHATE, RED 40, YELLOW 5&6, BLUE 1 AND OTHER COLOR ADDED, TRISODIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, PEANUT FLOUR, WHEAT FLOUR, VITAMIN E (MIXED TOCOPHEROLS) AND BHT ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D₃.

CONTAINS PEANUT AND WHEAT INGREDIENTS.

DIST. BY **General Mills Cereals, LLC**
 GENERAL OFFICES, MINNEAPOLIS, MN 55440 USA
 © 2008 General Mills

Exchange: 1 $\frac{1}{2}$ Starch
 Exchange calculations based on *Choose Your Foods: Exchange Lists for Diabetes* © 2008 The American Dietetic Association, The American Diabetes Association
 This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.