

Kellogg's®
Frosted Mini-Wheats® Little Bites
Chocolate

| Nutrition Facts | | | |
|---|---------------|---|---------|
| Serving Size | | About 52 Biscuits (55g) | |
| | | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
| Amount Per Serving | Cereal | Fat Free Milk | |
| Calories | 200 | 240 | |
| Calories from Fat | 15 | 15 | |
| % Daily Value** | | | |
| Total Fat 2g* | 3% | 3% | |
| Saturated Fat 1g | 5% | 5% | |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 0.5g | | | |
| Monounsaturated Fat 0.5g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 200mg | 8% | 11% | |
| Potassium 270mg | 8% | 14% | |
| Total Carbohydrate 45g | 15% | 17% | |
| Dietary Fiber 6g | 24% | 24% | |
| Sugars 12g | | | |
| Other Carbohydrate 27g | | | |
| Protein 5g | | | |
| Vitamin A | 0% | 4% | |
| Vitamin C | 0% | 0% | |
| Calcium | 0% | 15% | |
| Iron | 90% | 90% | |
| Thiamin | 25% | 30% | |
| Riboflavin | 25% | 35% | |
| Niacin | 25% | 25% | |
| Vitamin B ₆ | 25% | 25% | |
| Folic Acid | 25% | 25% | |
| Vitamin B ₁₂ | 25% | 35% | |
| Phosphorus | 20% | 30% | |
| Magnesium | 10% | 15% | |
| Zinc | 10% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), COCOA (PROCESSED WITH ALKALI), SALT, ARTIFICIAL FLAVOR, GELATIN, SORBITOL, REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), FOLIC ACID, ZINC OXIDE, VITAMIN B ₁₂ . TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING. | | | |
| CONTAINS WHEAT AND SOY INGREDIENTS. | | | |
| Exchange: 3 Carbohydrates | | | |
| The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#05310

Kellogg's® Froot Loops® Smoothie

Kellogg's® Hannah Montana Cereal

| Nutrition Facts | | | |
|--|---|----------------------|---------|
| Serving Size | 1 Cup (28g/1 oz.) | | |
| Servings Per Container | About 12 | | |
| | Cereal with 1/2 Cup Vitamins A&D | | |
| Amount Per Serving | Cereal | Fat Free Milk | |
| Calories | 110 | 150 | |
| Calories from Fat | 15 | 15 | |
| | % Daily Value** | | |
| Total Fat 1.5g* | 2% | 2% | |
| Saturated Fat 1g | 5% | 5% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 120mg | 5% | 8% | |
| Potassium 20mg | 1% | 7% | |
| Total Carbohydrate 24g | 8% | 10% | |
| Dietary Fiber less than 1g | 2% | 2% | |
| Sugars 11g | | | |
| Other Carbohydrate 13g | | | |
| Protein 1g | | | |
| Vitamin A | 10% | 15% | |
| Vitamin C | 25% | 25% | |
| 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% | |
| Zinc | 10% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: SUGAR, CORN FLOUR, YOGURTY COATED MULTIGRAIN LOOPS (MULTIGRAIN LOOPS (RICE FLOUR, WHEAT FLOUR, WHOLE OAT FLOUR, CALCIUM CARBONATE), POWDERED SUGAR [SUGAR, CORNSTARCH], SUGAR, PARTIALLY HYDROGENATED PALM KERNEL OIL †, CALCIUM CARBONATE, NONFAT DRY MILK, LACTIC ACID, DISTILLED MONOGLYCERIDES, SOY LECITHIN, NONFAT YOGURT POWDER (CULTURED NONFAT MILK, YOGURT IS HEAT TREATED AFTER CULTURING), ARTIFICIAL FLAVOR), WHEAT FLOUR, WHOLE OAT FLOUR, PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN) †, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME, AND OTHER NATURAL FLAVORS, TURMERIC COLOR, YELLOW #6, ZINC OXIDE, RED #40, BLUE #1, BLUE #2, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), ANNATTO COLOR, VITAMIN A PALMITATE, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN B ₁₂ , VITAMIN D, † LESS THAN 0.5g TRANS FAT PER SERVING. | | | |
| CONTAINS WHEAT, MILK AND SOY INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS. | | | |
| Exchange: 1 1/2 Carbohydrates The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#04120

| Nutrition Facts | | | |
|--|---|----------------------|---------|
| Serving Size | 1 Cup (30g/1.1 oz.) | | |
| | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | | |
| Amount Per Serving | Cereal | Fat Free Milk | |
| Calories | 110 | 150 | |
| Calories from Fat | 5 | 5 | |
| | % Daily Value** | | |
| Total Fat 1g* | 2% | 2% | |
| Saturated Fat 0g | 0% | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 200mg | 8% | 11% | |
| Potassium 40mg | 1% | 7% | |
| Total Carbohydrate 25g | 8% | 10% | |
| Dietary Fiber 1g | 5% | 5% | |
| Sugars 9g | | | |
| Other Carbohydrate 15g | | | |
| Protein 2g | | | |
| Vitamin A | 10% | 15% | |
| Vitamin C | 25% | 25% | |
| Calcium | 0% | 15% | |
| Iron | 10% | 10% | |
| 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% | |
| Zinc | 10% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| 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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: YELLOW CORN MEAL, WHOLE OAT FLOUR, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, RED #40, NATURAL AND ARTIFICIAL STRAWBERRY FLAVOR, WHEAT FLOUR, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, ZINC OXIDE, REDUCED IRON, BLUE #1, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), VITAMIN A PALMITATE, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN D, VITAMIN B ₁₂ . | | | |
| CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS. | | | |
| Exchange: 1 1/2 Carbohydrates The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#05376

Kellogg's®

Disney High School Musical Cereal

| Nutrition Facts | | |
|----------------------------------|---|---|
| Serving Size 1 Cup (29g/1.1 oz.) | | |
| | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
| Amount Per Serving | Cereal | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk |
| Calories | 110 | 150 |
| Calories from Fat | 5 | 5 |
| | % Daily Value** | |
| Total Fat 1g* | 2% | 2% |
| Saturated Fat 0g | 0% | 0% |
| <i>Trans</i> Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 170mg | 7% | 10% |
| Potassium 35mg | 1% | 7% |
| Total Carbohydrate 24g | 8% | 10% |
| Dietary Fiber 1g | 4% | 4% |
| Sugars 9g | | |
| Other Carbohydrate 13g | | |
| Protein 2g | | |
| Vitamin A | 10% | 15% |
| Vitamin C | 25% | 25% |
| Calcium | 0% | 15% |
| 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% |
| Zinc | 10% | 15% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: YELLOW CORN MEAL, WHOLE OAT FLOUR, SUGAR, HIGH FRUCTOSE CORN SYRUP, WHITE CRUNCHLETS (SUGAR, CORN CEREAL, CORN SYRUP, PARTIALLY HYDROGENATED SOYBEAN OIL†, COLOR ADDED, MODIFIED WHEAT STARCH), SALT, RED #40, ARTIFICIAL VANILLA CREAM FLAVOR, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, YELLOW #5, YELLOW #6, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN D, VITAMIN B₁₂.

† LESS THAN 0.5g *TRANS* FAT PER SERVING.

CONTAINS WHEAT INGREDIENTS.

Exchange: 1 1/2 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#05120

Kellogg's®
Froot Loops®
Reduced Sugar

| Nutrition Facts | | | |
|--|--|---|---------|
| Serving Size | 1 1/4 Cups (32g/1.1 oz.) | | |
| | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | | |
| Amount Per Serving | Cereal | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
| Calories | 120 | 160 | |
| Calories from Fat | 10 | 10 | |
| % Daily Value** | | | |
| Total Fat 1g* | 2% | 2% | |
| Saturated Fat 0.5g | 3% | 3% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 180mg | 8% | 11% | |
| Potassium 45mg | 1% | 7% | |
| Total Carbohydrate 28g | 9% | 11% | |
| Dietary Fiber 1g | 4% | 4% | |
| Sugars 10g | | | |
| Other Carbohydrate 17g | | | |
| Protein 2g | | | |
| Vitamin A | 10% | 15% | |
| Vitamin C | 25% | 25% | |
| Calcium | 0% | 15% | |
| 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% | |
| Zinc | 10% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: CORN FLOUR; SUGAR; WHEAT FLOUR; OAT FLOUR; PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN [†]); SALT; SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C); NIACINAMIDE; RED #40; REDUCED IRON; NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME, AND OTHER NATURAL FLAVORS; BLUE #2; YELLOW #6; ZINC OXIDE; TURMERIC COLOR; BLUE #1; PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆); RIBOFLAVIN (VITAMIN B ₂); ANNATTO COLOR; THIAMIN HYDROCHLORIDE (VITAMIN B ₁); VITAMIN A PALMITATE; BHT (PRESERVATIVE); FOLIC ACID; VITAMIN B ₁₂ ; VITAMIN D. [†] LESS THAN 0.5g TRANS FAT PER SERVING. | | | |
| CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS. | | | |
| Exchange: 2 Carbohydrates The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |
| [†] Reduced Sugar Kellogg's® Froot Loops® contains 10 grams sugar per 32 gram serving, compared to 12 grams per 29 gram serving in our regular Kellogg's® Froot Loops®. While this does not result in less calories or carbohydrates, now consumers can reduce added sugars in their diets without sacrificing the taste they want. For complete nutrition profiles of our cereals, check the nutrition information provided on every box or visit us at www.kelloggs.com | | | |

NLI#04753

Kellogg's®
Frosted Mini-Wheats® Little Bites
Honey Nut

| Nutrition Facts | | | |
|--|--|---|---------|
| Serving Size | About 46 Biscuits (55g) | | |
| | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | | |
| Amount Per Serving | Cereal | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
| Calories | 190 | 230 | |
| Calories from Fat | 10 | 10 | |
| % Daily Value** | | | |
| Total Fat 1g* | 2% | 2% | |
| Saturated Fat 0g | 0% | 0% | |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 0.5g | | | |
| Monounsaturated Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 120mg | 5% | 8% | |
| Potassium 200mg | 6% | 12% | |
| Total Carbohydrate 47g | 16% | 18% | |
| Dietary Fiber 6g | 23% | 23% | |
| Sugars 12g | | | |
| Other Carbohydrate 29g | | | |
| Protein 5g | | | |
| Vitamin A | 0% | 4% | |
| Vitamin C | 0% | 0% | |
| Calcium | 0% | 15% | |
| Iron | 90% | 90% | |
| Thiamin | 25% | 30% | |
| Riboflavin | 25% | 35% | |
| Niacin | 25% | 25% | |
| Vitamin B ₆ | 25% | 25% | |
| Folic Acid | 25% | 25% | |
| Vitamin B ₁₂ | 25% | 35% | |
| Phosphorus | 20% | 30% | |
| Magnesium | 10% | 15% | |
| Zinc | 10% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, SALT, HONEY, NATURAL AND ARTIFICIAL FLAVOR, SORBITOL, GELATIN, REDUCED IRON, YELLOW #5 LAKE, NIACINAMIDE, RED #40 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), BLUE #1 LAKE, FOLIC ACID, ZINC OXIDE, VITAMIN B ₁₂ . TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING. | | | |
| CONTAINS WHEAT INGREDIENTS. | | | |
| Exchange: 3 Carbohydrates The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#05311

Kellogg's®
Froot Loops®

| Nutrition Facts | | | |
|---|-----------|--|---------|
| Serving Size 1 Cup (29g/1.0 oz.) | | | |
| Amount Per Serving | Cereal | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
| Calories | 110 | 150 | |
| Calories from Fat | 10 | 10 | |
| % Daily Value** | | | |
| Total Fat 1g* | 2% | 2% | |
| Saturated Fat 0.5g | 3% | 3% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 135mg | 6% | 9% | |
| Potassium 30mg | 1% | 7% | |
| Total Carbohydrate 25g | 8% | 10% | |
| Dietary Fiber less than 1g | 3% | 3% | |
| Sugars 12g | | | |
| Other Carbohydrate 12g | | | |
| Protein 1g | | | |
| Vitamin A | 10% | 15% | |
| Vitamin C | 25% | 25% | |
| Calcium | 0% | 15% | |
| 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% | |
| Zinc | 10% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: SUGAR; CORN FLOUR; WHEAT FLOUR; OAT FLOUR; PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN)†; SALT; SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C); REDUCED IRON; NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME, AND OTHER NATURAL FLAVORS; RED #40; BLUE #2; YELLOW #6; ZINC OXIDE; NIACINAMIDE; TURMERIC COLOR; BLUE #1; PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆); RIBOFLAVIN (VITAMIN B ₂); THIAMIN HYDROCHLORIDE (VITAMIN B ₁); VITAMIN A PALMITATE; ANNATTO COLOR; BHT (PRESERVATIVE); FOLIC ACID; VITAMIN D; VITAMIN B ₁₂ . | | | |
| † LESS THAN 0.5g TRANS FAT PER SERVING. | | | |
| CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS. | | | |
| Exchange: 1 1/2 Carbohydrates | | | |
| The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#04975

Kellogg's®
Jumbo Multi-Grain Krispies™

| Nutrition Facts | | | |
|---|------------|--|---------|
| Serving Size 1 Cup (27g/0.9 oz.) | | | |
| Amount Per Serving | Cereal | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
| Calories | 90 | 130 | |
| Calories from Fat | 0 | 0 | |
| % Daily Value** | | | |
| Total Fat 0g* | 0% | 0% | |
| Saturated Fat 0g | 0% | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 170mg | 7% | 10% | |
| Potassium 30mg | 1% | 7% | |
| Total Carbohydrate 24g | 8% | 10% | |
| Dietary Fiber 3g | 11% | 11% | |
| Sugars 8g | | | |
| Other Carbohydrate 13g | | | |
| Protein 1g | | | |
| Vitamin A | 10% | 15% | |
| Vitamin C | 25% | 25% | |
| Calcium | 0% | 15% | |
| 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% | |
| Zinc | 10% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: RICE FLOUR, SUGAR, WHOLE WHEAT FLOUR, YELLOW CORN MEAL, OAT FIBER, POLYDEXTROSE, SALT, HONEY, PALM OIL, NATURAL AND ARTIFICIAL FLAVOR, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, ZINC OXIDE, RIBOFLAVIN (VITAMIN B ₂), PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), VITAMIN A PALMITATE, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN D, VITAMIN B ₁₂ . | | | |
| CONTAINS WHEAT INGREDIENTS. | | | |
| Exchange: 1 1/2 Carbohydrates | | | |
| The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#05397

Kellogg's® Keebler Cookie Crunch™ Cereal

| Nutrition Facts | | |
|---|-------------------|---------------|
| Serving Size 1 Cup (30g/1.1 oz.) | | |
| Cereal with ½ Cup Vitamins A&D Fat Free Milk | | |
| Amount Per Serving | Cereal | Fat Free Milk |
| Calories | 110 | 150 |
| Calories from Fat | 10 | 10 |
| % Daily Value** | | |
| Total Fat 1g* | 2% | 2% |
| Saturated Fat 0g | 0% | 0% |
| <i>Trans</i> Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 170mg | 7% | 10% |
| Potassium 40mg | 1% | 7% |
| Total Carbohydrate 26g | 9% | 11% |
| Dietary Fiber 1g | 4% | 4% |
| Sugars 12g | | |
| Other Carbohydrate 13g | | |
| Protein 2g | | |
| Vitamin A | 10% | 15% |
| Vitamin C | 25% | 25% |
| Calcium | 0% | 15% |
| 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% |
| Zinc | 10% | 15% |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| 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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | |
| INGREDIENTS: YELLOW CORN MEAL, SUGAR, COOKIE PIECES (SUGAR, WHOLE WHEAT FLOUR, CORN FLOUR, DARK CHOCOLATEY COOKIE BITS (SUGAR, CORN CEREAL, CORN SYRUP, MODIFIED CORN STARCH, COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, CELLULOSE GUM, SORBIC ACID (TO PRESERVE FRESHNESS)), WHOLE OAT FLOUR, RICE FLOUR, CORN SYRUP, COCOA (PROCESSED WITH ALKALI), SALT, NATURAL AND ARTIFICIAL FLAVORS, DISTILLED MONOGLYCERIDES), WHOLE WHEAT FLOUR, COCOA, SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, ANHYDROUS DEXTROSE), SALT, PALM OIL, NATURAL AND ARTIFICIAL FLAVOR, ASCORBIC ACID (VITAMIN C), RED #40, YELLOW #5, NIACINAMIDE, REDUCED IRON, BLUE #1, YELLOW #6, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), BHT (PRESERVATIVE), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D, VITAMIN B ₁₂ . | | |
| CONTAINS WHEAT INGREDIENTS. | | |
| Exchange: 2 Carbohydrates The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | |

NLI#04934

Kellogg's®
Rice Krispies Treats® Cereal

| Nutrition Facts | | | |
|--|--|---------------|---------|
| Serving Size | 3/4 Cup (30g/1.1 oz.) | | |
| Servings Per Container | About 13 | | |
| | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | | |
| Amount Per Serving | Cereal | Fat Free Milk | |
| Calories | 120 | 160 | |
| Calories from Fat | 15 | 15 | |
| | % Daily Value** | | |
| Total Fat 1.5g* | 2% | 2% | |
| Saturated Fat 0g | 0% | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 170mg | 7% | 9% | |
| Potassium 25mg | 1% | 6% | |
| Total Carbohydrate 26g | 9% | 11% | |
| Dietary Fiber 0g | 0% | 0% | |
| Sugars 9g | | | |
| Other Carbohydrate 17g | | | |
| Protein 1g | | | |
| Vitamin A | 10% | 15% | |
| Vitamin C | 10% | 10% | |
| Calcium | 0% | 15% | |
| Iron | 10% | 10% | |
| 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 | 2% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: RICE, MARSHMALLOW (SUGAR, GELATIN, ARTIFICIAL FLAVORING, COLOR ADDED), MALTODEXTRIN, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, NATURAL AND ARTIFICIAL BUTTER FLAVOR, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), VITAMIN A PALMITATE, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN D AND VITAMIN B ₁₂ . | | | |
| CONTAINS MILK INGREDIENTS. | | | |
| Exchange: 1 1/2 Carbohydrates | | | |
| The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#00711

Kellogg's®
Frosted Mini-Wheats®
Strawberry Delight

| Nutrition Facts | | | |
|---|--|---------------|---------|
| Serving Size | About 24 Biscuits (52g/1.8 oz.) | | |
| Servings Per Container | About 12 | | |
| | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | | |
| Amount Per Serving | Cereal | Fat Free Milk | |
| Calories | 180 | 220 | |
| Calories from Fat | 10 | 10 | |
| | % Daily Value** | | |
| Total Fat 1g* | 2% | 2% | |
| Saturated Fat 0g | 0% | 0% | |
| Monounsaturated Fat 0g | | | |
| Polyunsaturated Fat 0.5g | | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 0mg | 0% | 3% | |
| Potassium 170mg | 5% | 11% | |
| Total Carbohydrate 43g | 14% | 16% | |
| Dietary Fiber 5g | 20% | 20% | |
| Sugars 12g | | | |
| Other Carbohydrate 26g | | | |
| Protein 4g | | | |
| Vitamin A | 0% | 4% | |
| Vitamin C | 0% | 0% | |
| Calcium | 0% | 15% | |
| Iron | 90% | 90% | |
| Thiamin | 25% | 30% | |
| Riboflavin | 25% | 35% | |
| Niacin | 25% | 25% | |
| Vitamin B ₆ | 25% | 25% | |
| Folic Acid | 25% | 25% | |
| Vitamin B ₁₂ | 25% | 35% | |
| Phosphorus | 15% | 25% | |
| Magnesium | 10% | 15% | |
| Zinc | 10% | 15% | |
| Copper | 8% | 10% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, STRAWBERRY FLAVORED CRUNCHLETS (SUGAR, CORN CEREAL, CORN SYRUP, MODIFIED CORN STARCH, PARTIALLY HYDROGENATED COTTONSEED AND/OR SOYBEAN OIL, CITRIC ACID, GLYCERIN, NATURAL AND ARTIFICIAL FLAVOR, RED #40, BLUE #2), NATURAL AND ARTIFICIAL STRAWBERRY AND CRÈME FLAVOR, SORBITOL, GELATIN, REDUCED IRON, NIACINAMIDE, ZINC OXIDE, RED #40, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), FOLIC ACID, BLUE #1, AND VITAMIN B ₁₂ . TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING. | | | |
| CONTAINS WHEAT INGREDIENTS. | | | |
| Exchange: 3 Carbohydrates | | | |
| The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#02769

Kellogg's®
Frosted Mini-Wheats®
Cinnamon Streusel

Nutrition Facts

Serving Size About 24 Biscuits (52g/1.8 oz.)
Servings Per Container About 12

| Amount Per Serving | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
|-------------------------------|---|---------------|
| | Cereal | Fat Free Milk |
| Calories | 180 | 220 |
| Calories from Fat | 10 | 10 |
| % Daily Value** | | |
| Total Fat 1g* | 2% | 2% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 0mg | 0% | 3% |
| Potassium 180mg | 5% | 11% |
| Total Carbohydrate 44g | 14% | 16% |
| Dietary Fiber 5g | 20% | 20% |
| Sugars 12g | | |
| Other Carbohydrate 27g | | |
| Protein 4g | | |
| Vitamin A | 0% | 4% |
| Vitamin C | 0% | 0% |
| Calcium | 0% | 15% |
| Iron | 90% | 90% |
| Thiamin | 25% | 30% |
| Riboflavin | 25% | 35% |
| Niacin | 25% | 25% |
| Vitamin B ₆ | 25% | 25% |
| Folic Acid | 25% | 25% |
| Vitamin B ₁₂ | 25% | 35% |
| Zinc | 10% | 15% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, CINNAMON, SORBITOL, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, REDUCED IRON, NIACINAMIDE, RED #40, YELLOW #5, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), YELLOW #6, BLUE #1, ZINC OXIDE, FOLIC ACID, VITAMIN B₁₂. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.

CONTAINS WHEAT INGREDIENTS.

Exchange: 3 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#04268

Kellogg's®
Corn Pops®

Nutrition Facts

Serving Size 1 Cup (29g/1.0 oz.)

| Amount Per Serving | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
|-------------------------------|---|---------------|
| | Cereal | Fat Free Milk |
| Calories | 110 | 150 |
| Calories from Fat | 0 | 0 |
| % Daily Value** | | |
| Total Fat 0g* | 0% | 0% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 110mg | 5% | 8% |
| Potassium 40mg | 1% | 7% |
| Total Carbohydrate 26g | 9% | 11% |
| Dietary Fiber 0g | 0% | 0% |
| Sugars 12g | | |
| Other Carbohydrate 13g | | |
| Protein 1g | | |
| Vitamin A | 10% | 15% |
| Vitamin C | 10% | 10% |
| Calcium | 0% | 15% |
| Iron | 10% | 10% |
| 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% |
| Zinc | 10% | 15% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MILLED CORN, SUGAR, CORN SYRUP, MOLASSES, SALT, PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN)**†, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, ZINC OXIDE, REDUCED IRON, WHEAT STARCH, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, BHT (PRESERVATIVE), ANNATTO COLOR, FOLIC ACID, VITAMIN D AND VITAMIN B₁₂.

*** ADDS A NEGLIGIBLE AMOUNT OF FAT.

† LESS THAN 0.5g TRANS FAT PER SERVING.

**CONTAINS WHEAT INGREDIENTS.
CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 1 1/2 Carbohydrates
The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

NLI#04617

Kellogg's®
Cocoa Krispies®

Nutrition Facts

Serving Size 3/4 Cup (31g/1.1 oz.)

| Amount Per Serving | Cereal | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk |
|--------------------|--------|---|
| Calories | 120 | 160 |
| Calories from Fat | 10 | 10 |

| | % Daily Value** | |
|-------------------------------|-----------------|-----|
| Total Fat 1g* | 2% | 2% |
| Saturated Fat 0.5g | 3% | 3% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 150mg | 6% | 8% |
| Potassium 60mg | 2% | 8% |
| Total Carbohydrate 27g | 9% | 11% |
| Dietary Fiber less than 1g | 1% | 1% |
| Sugars 12g | | |
| Other Carbohydrate 15g | | |

Protein 1g

| | | |
|-------------------------|-----|-----|
| Vitamin A | 25% | 30% |
| Vitamin C | 25% | 25% |
| Calcium | 4% | 15% |
| Iron | 25% | 25% |
| Vitamin D | 10% | 25% |
| Vitamin E | 25% | 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 | 2% | 15% |
| Zinc | 10% | 15% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: RICE, SUGAR, COCOA PROCESSED WITH ALKALI, SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, ANHYDROUS DEXTROSE), PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, SOYBEAN AND/OR COTTONSEED)†, SALT, MALT FLAVORING, CALCIUM CARBONATE, HIGH FRUCTOSE CORN SYRUP, ARTIFICIAL FLAVOR, ASCORBIC ACID AND SODIUM ASCORBATE (VITAMIN C), IRON, ALPHA TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, ZINC OXIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), FOLIC ACID, BHT (PRESERVATIVE), VITAMIN D, VITAMIN B₁₂.
† LESS THAN 0.5g TRANS FAT PER SERVING.

Exchange: 2 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#05703

Kellogg's®
Rice Krispies®

Nutrition Facts

Serving Size 1 1/4 Cups (33g/1.2 oz.)

| Amount Per Serving | Cereal | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk |
|--------------------|--------|---|
| Calories | 130 | 170 |
| Calories from Fat | 0 | 0 |

| | % Daily Value** | |
|-------------------------------|-----------------|-----|
| Total Fat 0g* | 0% | 0% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 220mg | 9% | 12% |
| Potassium 30mg | 1% | 7% |
| Total Carbohydrate 29g | 10% | 12% |
| Dietary Fiber less than 1g | 1% | 1% |
| Sugars 4g | | |
| Other Carbohydrate 25g | | |

Protein 2g

| | | |
|-------------------------|-----|-----|
| Vitamin A | 25% | 30% |
| Vitamin C | 25% | 25% |
| Calcium | 0% | 15% |
| Iron | 50% | 50% |
| Vitamin D | 10% | 25% |
| Vitamin E | 25% | 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% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: RICE, SUGAR, SALT, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, IRON, ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), FOLIC ACID, VITAMIN D, VITAMIN B₁₂. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.

Exchange: 2 Carbohydrates
The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

NLI#05702

Kellogg's®
Mini-Swirlz®
Cinnamon Bun

Nutrition Facts

Serving Size 1 Cup (30g/1.1 oz.)
Servings Per Container About 12

| Amount Per Serving | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
|-------------------------------|---|---------------|
| | Cereal | Fat Free Milk |
| Calories | 120 | 160 |
| Calories from Fat | 20 | 20 |
| % Daily Value** | | |
| Total Fat 2g* | 3% | 3% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 115mg | 5% | 8% |
| Potassium 45mg | 1% | 7% |
| Total Carbohydrate 25g | 8% | 10% |
| Dietary Fiber 1g | 4% | 4% |
| Sugars 12g | | |
| Other Carbohydrate 12g | | |
| Protein 2g | | |
| Vitamin A | 10% | 15% |
| Vitamin C | 25% | 25% |
| Calcium | 0% | 15% |
| Iron | 10% | 10% |
| 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% |
| Zinc | 10% | 15% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CORN MEAL, SUGAR, CINNAMON TOPPING (SUGAR, FRUCTOSE, DEXTROSE, CINNAMON, CARDAMOM, ARTIFICIAL FLAVOR), WHOLE OAT FLOUR, WHOLE WHEAT FLOUR, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, NATURAL AND ARTIFICIAL FLAVORS, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, RED #40, YELLOW #5, ZINC OXIDE, REDUCED IRON, BLUE #1, BHT (PRESERVATIVE), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), YELLOW #6, RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B₁₂, VITAMIN D.

**CONTAINS WHEAT INGREDIENTS.
CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 1 1/2 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#01256

Kellogg's
Frosted Flakes®
Reduced Sugar

Nutrition Facts

Serving Size 1 Cup (31g/1.1 oz.)

| Amount Per Serving | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
|-------------------------------|---|---------------|
| | Cereal | Fat Free Milk |
| Calories | 120 | 160 |
| Calories from Fat | 0 | 0 |
| % Daily Value** | | |
| Total Fat 0g* | 0% | 0% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 180mg | 8% | 11% |
| Potassium 45mg | 1% | 7% |
| Total Carbohydrate 28g | 9% | 11% |
| Dietary Fiber less than 1g | 1% | 1% |
| Sugars 8g | | |
| Other Carbohydrate 20g | | |
| Protein 2g | | |
| Vitamin A | 10% | 15% |
| Vitamin C | 10% | 10% |
| Calcium | 0% | 15% |
| 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% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MILLED CORN, SUGAR, MALT FLAVORING, SALT, IRON, NIACINAMIDE, ASCORBIC ACID AND SODIUM ASCORBATE (VITAMIN C), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN D, VITAMIN B₁₂.

**CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 2 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

†Reduced Sugar *Kellogg's Frosted Flakes*® contains 8 grams sugar per 31 gram serving, compared to 11 grams per 30 gram serving in our regular *Kellogg's Frosted Flakes*®. While this does not result in less calories or carbohydrates, now consumers can reduce added sugars in their diets without sacrificing the taste they want. For complete nutrition profiles of our cereals, check the nutrition information provided on every box or visit us at www.kelloggs.com

NLI#05470

Kellogg's
Frosted Flakes®

Nutrition Facts

Serving Size 3/4 Cup (30g/1.1 oz.)

| Amount Per Serving | Cereal with 1/2 Cup Vitamins A&D | |
|-------------------------------|--|---------------|
| | Cereal | Fat Free Milk |
| Calories | 110 | 150 |
| Calories from Fat | 0 | 0 |
| % Daily Value** | | |
| Total Fat 0g* | 0% | 0% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 140mg | 6% | 9% |
| Potassium 20mg | 1% | 6% |
| Total Carbohydrate 27g | 9% | 11% |
| Dietary Fiber 1g | 3% | 3% |
| Sugars 11g | | |
| Other Carbohydrate 15g | | |
| Protein 1g | | |
| Vitamin A | 10% | 15% |
| Vitamin C | 10% | 10% |
| Calcium | 0% | 15% |
| 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% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B₁₂ AND VITAMIN D.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Exchange: 1 1/2 Carbohydrates
The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

NLI#04131

Kellogg's®
Mini-Wheats®
Unfrosted

Nutrition Facts

Serving Size About 30 Biscuits (59g/2.1 oz.)
Servings Per Container About 9

| Amount Per Serving | Cereal with 1/2 Cup Vitamins A&D | |
|-------------------------------|--|---------------|
| | Cereal | Fat Free Milk |
| Calories | 200 | 240 |
| Calories from Fat | 15 | 15 |
| % Daily Value** | | |
| Total Fat 1.5g* | 2% | 2% |
| Saturated Fat 0g | 0% | 0% |
| Monounsaturated Fat 0g | | |
| Polyunsaturated Fat 1g | | |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 10mg | 1% | 4% |
| Potassium 260mg | 7% | 13% |
| Total Carbohydrate 46g | 15% | 17% |
| Dietary Fiber 6g | 24% | 24% |
| Sugars 1g | | |
| Protein 6g | | |
| Vitamin A | 0% | 4% |
| Vitamin C | 0% | 0% |
| Calcium | 0% | 15% |
| Iron | 90% | 90% |
| Thiamin | 25% | 30% |
| Riboflavin | 25% | 35% |
| Niacin | 25% | 25% |
| Vitamin B ₆ | 25% | 25% |
| Folic Acid | 25% | 25% |
| Vitamin B ₁₂ | 25% | 35% |
| Phosphorus | 15% | 25% |
| Magnesium | 15% | 20% |
| Zinc | 10% | 15% |
| Copper | 10% | 10% |

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN WHEAT, REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), ZINC OXIDE, FOLIC ACID AND VITAMIN B₁₂. TO MAINTAIN QUALITY, BHT ADDED TO THE PACKAGING.

CONTAINS WHEAT INGREDIENTS.

Exchange: 3 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#04386

Kellogg's®
Apple Jacks®

Nutrition Facts

Serving Size 1 Cup (28g/1.0 oz.)

| Amount Per Serving | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | | |
|---|---|---------------|---------|
| | Cereal | Fat Free Milk | |
| Calories | 110 | 150 | |
| Calories from Fat | 5 | 5 | |
| | % Daily Value** | | |
| Total Fat 0.5g* | 1% | 1% | |
| Saturated Fat 0g | 0% | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 135mg | 6% | 9% | |
| Potassium 30mg | 1% | 7% | |
| Total Carbohydrate 25g | 8% | 10% | |
| Dietary Fiber less than 1g | 3% | 3% | |
| Sugars 12g | | | |
| Other Carbohydrate 13g | | | |
| Protein 1g | | | |
| Vitamin A | 10% | 15% | |
| Vitamin C | 25% | 25% | |
| Calcium | 0% | 15% | |
| 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% | |
| Zinc | 10% | 15% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |

INGREDIENTS: SUGAR, CORN FLOUR, WHEAT FLOUR, OAT FLOUR, SALT, MILLED CORN, DRIED APPLES, APPLE JUICE CONCENTRATE, MODIFIED CORN STARCH, CINNAMON, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), YELLOW #6, NIACINAMIDE, REDUCED IRON, ZINC OXIDE, BAKING SODA, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), TURMERIC COLOR, CALCIUM PHOSPHATE, RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), RED #40, VITAMIN A PALMITATE, BLUE #1, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN D AND VITAMIN B₁₂.

**CONTAINS WHEAT INGREDIENTS.
CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 1 1/2 Carbohydrates
The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

NLI#04609

Kellogg's®
Frosted Mini-Wheats®
Bite Size

Nutrition Facts

Serving Size About 24 Biscuits

(59g/2.1 oz.)

Servings Per Container About 8

| Amount Per Serving | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | | |
|---|---|---------------|---------|
| | Cereal | Fat Free Milk | |
| Calories | 200 | 240 | |
| Calories from Fat | 10 | 10 | |
| | % Daily Value** | | |
| Total Fat 1g* | 2% | 2% | |
| Saturated Fat 0g | 0% | 0% | |
| Monounsaturated Fat 0g | | | |
| Polyunsaturated Fat 0.5g | | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 5mg | 0% | 3% | |
| Potassium 200mg | 6% | 12% | |
| Total Carbohydrate 48g | 16% | 18% | |
| Dietary Fiber 6g | 24% | 24% | |
| Sugars 12g | | | |
| Other Carbohydrate 30g | | | |
| Protein 6g | | | |
| Vitamin A | 0% | 4% | |
| Vitamin C | 0% | 0% | |
| Calcium | 0% | 15% | |
| Iron | 90% | 90% | |
| Thiamin | 25% | 30% | |
| Riboflavin | 25% | 35% | |
| Niacin | 25% | 25% | |
| Vitamin B ₆ | 25% | 25% | |
| Folic Acid | 25% | 25% | |
| Vitamin B ₁₂ | 25% | 35% | |
| Phosphorus | 15% | 25% | |
| Magnesium | 15% | 20% | |
| Zinc | 10% | 15% | |
| Copper | 10% | 10% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, HIGH FRUCTOSE CORN SYRUP, GELATIN.

VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), FOLIC ACID AND VITAMIN B₁₂. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.

CONTAINS WHEAT INGREDIENTS.

Exchange: 3 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#01306

Kellogg's®
Eggo® Cereal
Maple Syrup

| Nutrition Facts | | | |
|---|-----------|---|---------|
| Serving Size | | 1 Cup (31g/1.1 oz.) | |
| | | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
| Amount Per Serving | Cereal | Fat Free Milk | |
| Calories | 110 | 150 | |
| Calories from Fat | 15 | 15 | |
| % Daily Value** | | | |
| Total Fat 1.5g* | 2% | 2% | |
| Saturated Fat 0.5g | 3% | 3% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 150mg | 6% | 8% | |
| Potassium 70mg | 2% | 8% | |
| Total Carbohydrate 25g | 8% | 10% | |
| Dietary Fiber 2g | 7% | 7% | |
| Sugars 12g | | | |
| Other Carbohydrate 11g | | | |
| Protein 2g | | | |
| Vitamin A | 10% | 15% | |
| Vitamin C | 25% | 25% | |
| Calcium | 4% | 20% | |
| 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% | |
| Zinc | 10% | 10% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, WHOLE OAT FLOUR, CORN MEAL, HIGH FRUCTOSE CORN SYRUP, PALM OIL, SALT, DICALCIUM PHOSPHATE, PARTIALLY HYDROGENATED SOYBEAN OIL† WITH TBHQ AND CITRIC ACID TO PRESERVE QUALITY, MOLASSES, ASCORBIC ACID (VITAMIN C), NATURAL AND ARTIFICIAL FLAVORS, YELLOW #5, NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), BHT (PRESERVATIVE), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D, VITAMIN B ₁₂ . | | | |
| † LESS THAN 0.5g TRANS FAT PER SERVING. | | | |
| CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS. | | | |
| Exchange: 1 1/2 Carbohydrates | | | |
| The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#04639

Kellogg's®
Frosted Mini-Wheats®
Big Bite

| Nutrition Facts | | | |
|---|------------|---|---------|
| Serving Size | | About 5 biscuits (51g/1.8 oz.) | |
| | | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk | |
| Amount Per Serving | Cereal | Fat Free Milk | |
| Calories | 180 | 220 | |
| Calories from Fat | 10 | 10 | |
| % Daily Value** | | | |
| Total Fat 1g* | 2% | 2% | |
| Saturated Fat 0g | 0% | 0% | |
| Monounsaturated Fat 0g | | | |
| Polyunsaturated Fat 0.5g | | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 5mg | 0% | 3% | |
| Potassium 170mg | 5% | 11% | |
| Total Carbohydrate 41g | 14% | 16% | |
| Dietary Fiber 5g | 20% | 20% | |
| Sugars 10g | | | |
| Other Carbohydrate 26g | | | |
| Protein 5g | | | |
| Vitamin A | 0% | 4% | |
| Vitamin C | 0% | 0% | |
| Calcium | 0% | 15% | |
| Iron | 80% | 80% | |
| Thiamin | 25% | 30% | |
| Riboflavin | 25% | 35% | |
| Niacin | 25% | 25% | |
| Vitamin B ₆ | 25% | 25% | |
| Folic Acid | 25% | 25% | |
| Vitamin B ₁₂ | 25% | 35% | |
| Phosphorus | 15% | 25% | |
| Magnesium | 15% | 20% | |
| Zinc | 10% | 15% | |
| Copper | 8% | 10% | |
| * Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 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 |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, HIGH FRUCTOSE CORN SYRUP, GELATIN, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), FOLIC ACID AND VITAMIN B ₁₂ . TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING. | | | |
| CONTAINS WHEAT INGREDIENTS. | | | |
| Exchange: 3 Carbohydrates | | | |
| The dietary exchanges are based on the <i>Exchange Lists for Meal Planning</i> , ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association. | | | |

NLI#00998

Kellogg's™ Apple Jacks™ Cereal Straws

| Nutrition Facts | | | |
|--|-------------|----------------|---------|
| Serving Size | | 3 Straws (31g) | |
| Amount Per Serving | Per Serving | Per Straw | |
| Calories | 140 | 45 | |
| Calories from Fat | 30 | 10 | |
| % Daily Value* | | | |
| Total Fat 3.5g | 5% | 2% | |
| Saturated Fat 2g | 9% | 3% | |
| Trans Fat 0g | | | |
| Cholesterol less than 5mg | 1% | 0% | |
| Sodium 15mg | 1% | 0% | |
| Total Carbohydrate 24g | 8% | 3% | |
| Dietary Fiber 0g | 0% | 0% | |
| Sugars 12g | | | |
| Protein 2g | | | |
| Vitamin A | 10% | 4% | |
| Vitamin C | 0% | 0% | |
| Calcium | 0% | 0% | |
| Iron | 0% | 0% | |
| Vitamin D | 10% | 4% | |
| Thiamin | 10% | 4% | |
| Riboflavin | 10% | 4% | |
| Niacin | 10% | 4% | |
| Vitamin B ₆ | 10% | 4% | |
| Vitamin B ₁₂ | 10% | 4% | |
| *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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: WHEAT FLOUR, SUGAR, MALTODEXTRIN, VEGETABLE OIL (PALM, SHEANUT, AND COTTON-SEED OILS), FRUCTOSE, NONFAT MILK, CONTAINS TWO PERCENT OR LESS OF GLUCOSE SYRUP, EGGS, SOY LECITHIN, CINNAMON, SALT, ARTIFICIAL FLAVOR, PGPR (POLYGLYCEROL POLYRICINOLEIC ACID), YELLOW #6, NIACINAMIDE, YELLOW #5, BLUE #1, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), TOCOPHEROLS FOR FRESHNESS, RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), SESAME FLOUR, VITAMIN D, VITAMIN B ₁₂ . | | | |
| CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS. MAY CONTAIN TREE NUTS AND PEANUTS. | | | |

NLI#04717

Kellogg's™

Cocoa Krispies™ Cereal Straws

| Nutrition Facts | | | |
|---|-------------|----------------|---------|
| Serving Size | | 3 Straws (31g) | |
| Servings Per Container | | 8 | |
| Amount Per Serving | Per Serving | Per Straw | |
| Calories | 140 | 45 | |
| Calories from Fat | 30 | 10 | |
| % Daily Value* | | | |
| Total Fat 3.5g | 5% | 2% | |
| Saturated Fat 2g | 10% | 3% | |
| <i>Trans Fat</i> 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 15mg | 1% | 0% | |
| Total Carbohydrate 24g | 8% | 3% | |
| Dietary Fiber less than 1g | 2% | 1% | |
| Sugars 12g | | | |
| Protein 2g | | | |
| Vitamin A | 10% | 4% | |
| Vitamin C | 0% | 0% | |
| Calcium | 0% | 0% | |
| Iron | 2% | 0% | |
| Vitamin D | 10% | 4% | |
| Thiamin | 10% | 4% | |
| Riboflavin | 10% | 4% | |
| Niacin | 10% | 4% | |
| Vitamin B ₆ | 10% | 4% | |
| Vitamin B ₁₂ | 10% | 4% | |
| *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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: WHEAT FLOUR, SUGAR, VEGETABLE OIL (PALM, SHEANUT, AND COTTONSEED OILS), MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF GLUCOSE SYRUP, NONFAT MILK, EGGS, SOY LECITHIN, ARTIFICIAL FLAVOR, SALT, PGPR (POLYGLYCEROL POLYRICINOLEIC ACID), NIACINAMIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), TOCOPHEROLS FOR FRESHNESS, RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), SESAME FLOUR, VITAMIN B ₁₂ , VITAMIN D. | | | |
| CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS. MAY CONTAIN TREE NUTS AND PEANUTS. | | | |

NLI#03941

Kellogg's™ Froot Loops™ Cereal Straws

| Nutrition Facts | | | |
|---|-------------|----------------|---------|
| Serving Size | | 3 Straws (31g) | |
| Servings Per Container | | 8 | |
| Amount Per Serving | Per Serving | Per Straw | |
| Calories | 140 | 45 | |
| Calories from Fat | 30 | 10 | |
| % Daily Value* | | | |
| Total Fat 3.5g | 5% | 2% | |
| Saturated Fat 2g | 10% | 3% | |
| <i>Trans Fat</i> 0g | | | |
| Cholesterol 0mg | 0% | 0% | |
| Sodium 15mg | 1% | 0% | |
| Total Carbohydrate 24g | 8% | 3% | |
| Dietary Fiber 0g | 0% | 0% | |
| Sugars 12g | | | |
| Protein 2g | | | |
| Vitamin A | 10% | 4% | |
| Vitamin C | 0% | 0% | |
| Calcium | 0% | 0% | |
| Iron | 0% | 0% | |
| Vitamin D | 10% | 4% | |
| Thiamin | 10% | 4% | |
| Riboflavin | 10% | 4% | |
| Niacin | 10% | 4% | |
| Vitamin B ₆ | 10% | 4% | |
| Vitamin B ₁₂ | 10% | 4% | |
| *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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| INGREDIENTS: WHEAT FLOUR, SUGAR, VEGETABLE OIL (PALM, SHEANUT, AND COTTONSEED OILS), MALTODEXTRIN, FRUCTOSE, NONFAT MILK, CONTAINS TWO PERCENT OR LESS OF GLUCOSE SYRUP, EGGS, SOY LECITHIN, SALT, ARTIFICIAL FLAVOR, PGPR (POLYGLYCEROL POLYRICINOLEIC ACID), NATURAL ORANGE, LEMON, LIME AND OTHER NATURAL FLAVORS, YELLOW #6, RED #40, YELLOW #5, NIACINAMIDE, BLUE #1, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), TOCOPHEROLS FOR FRESHNESS, RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), SESAME FLOUR, VITAMIN B ₁₂ , VITAMIN D. | | | |
| CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS. MAY CONTAIN TREE NUTS AND PEANUTS. | | | |

NLI#03942