

TO OPEN • LIFT TAB CAREFULLY

CAP'N CRUNCH'S
CRUNCH BERRIES
SWEETENED CORN &
OAT CEREAL



TO CLOSE • INSERT TAB

653-72
BEST BEFORE



The package is sold by weight. Some units may have occurred during shipping and handling.

WELCOME TO THE CRUNCH-O-THON!

EVERYONE'S A WINNER WITH MY BERRY-LICIOUS FLAVOR!

SOMEONE LOST THEIR SHOES! CAN YOU HELP FIND THEM?



CRUNCH FANS ARE EVERYWHERE!
CAN YOU GUESS WHERE THE FANS WITH THE SIGNS ARE FROM?

ANSWER: Fans with the signs are from Canada, France and Japan.

TRY ALL 3 GREAT FLAVORS!



capncrunch.com



63-06140-12
32630614012

CAP'N CRUNCH'S CRUNCH BERRIES

SWEETENED CORN & OAT CEREAL

CRUNCH-ATIZE ME CAP'N!

ENLARGED TO SHOW TEXTURE

U D

NET WT 21 OZ (1 LB 5 OZ) • 595 g



CAP'N CRUNCH'S
CRUNCH BERRIES
SWEETENED CORN & OAT CEREAL



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Nutrition Facts

Serving Size 3/4 cup (26g)
Servings Per Container about 23

Amount Per Serving		with 1/2 Cup Fortified Skin Milk	% Daily Value**
Calories			
Calories from Fat	15	15	3%
Total Fat 1.5g*	2%		2%
Saturated Fat 1g	4%		5%
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%		1%
Sodium 190mg	8%		10%
Potassium 50mg	1%		7%
Total Carbohydrate 22g	7%		9%
Dietary Fiber 1g	3%		3%
Sugars 12g			
Other Carbohydrate 9g			

Protein 1g

Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	25%	25%
Thiamin	25%	30%
Riboflavin	25%	40%
Niacin	25%	25%
Vitamin B6	25%	30%
Folic Acid	100%	100%
Zinc	25%	30%

*Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 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
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 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, oat flour, brown sugar, coconut oil, salt, sodium citrate, partially hydrogenated soybean oil*, natural and artificial flavors, strawberry juice concentrate, malic acid, maltodextrin, modified corn starch, niacinamide*, reduced iron, zinc oxide, yellow 5, red 40, yellow 6, blue 1, thiamin mononitrate*, pyridoxine hydrochloride*, BHT (a preservative), riboflavin*, folic acid*.
*One of the B vitamins
**Adds a dietarily insignificant amount of trans fat

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.

Questions or Comments?
Call 1-800-234-6281
Please have package available when calling.

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When choosing a sweetened breakfast cereal, Cap'n Crunch is a smart choice because it is low in saturated fat and is cholesterol free which helps support healthy hearts in kids and adults. One of over 300 smart choices made easy from PepsiCo. For details, visit www.smartspot.com



SCHAWK
Kalamazoo
2325 N. Burdick St.
Kalamazoo, MI 49007
(269) 381-3820

CUSTOMER	Quaker	OPERATOR	277	SALES OFFICE	040
DATE	5-25-08	Job Number	820450-01		
DESCRIPTION	21oz Crunch Berries Generic Refresh	CS#	100% 2.0 BWR ND		

Yelo Mag Cyan Blk PMS 109 Sp Yelo Die Vinyl

