

To Open
Lift Tab Carefully

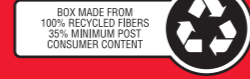
**CAP'N
CRUNCH**
SWEETENED CORN &
OAT CEREAL



This package is
not for use in
some settings.
Some settings
may have
occurred
during
printing
and handling.

647-44
BEST BEFORE

To Close Insert Tab



30

WELCOME TO THE CRUNCH-O-THON!
EVERYONE'S A WINNER WITH MY
CRUNCH-TASTIC FLAVOR!

SOMEONE LOST
THEIR SHOES!
CAN YOU HELP
FIND THEM?



**CAP'N CRUNCH WINS
THE GOLD MEDAL FOR
SUPER CRUNCHY
TASTE!**

CRUNCHY!
TASTY!
GOOD!

**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

63-06520-87
32630652087



ENLARGED
TO SHOW
TEXTURE

U D

While many factors affect heart disease,
diets low in saturated fat and cholesterol
may reduce the risk of this disease.



**CAP'N
CRUNCH**
SWEETENED CORN &
OAT CEREAL

Nutrition Facts

Serving Size 3/4 cup (27g)
Servings Per Container about 17

Amount Per Serving		with 1/2 Cup Vitamin A&D Fortified Skim Milk
Calories		110
Calories from Fat	15	15
		% Daily Value**
Total Fat 1.5g*	2%	2%
Saturated Fat 1g	4%	5%
Trans Fat 0g		
Polysaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 200mg	8%	11%
Potassium 50mg	1%	7%
Total Carbohydrate 23g	8%	10%
Dietary Fiber 1g	3%	3%
Sugars 12g		
Other Carbohydrate 10g		
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 Be	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	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, niacinamide, yellow 5, reduced iron, zinc oxide, yellow 6, thiamin mononitrate, BHT (a preservative), pyridoxine hydrochloride, riboflavin, folic acid.
*One of the B vitamins

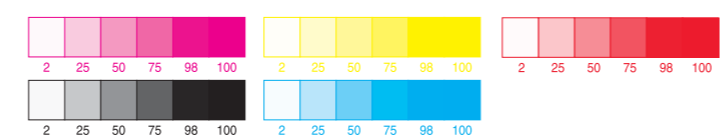
DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.

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

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Print side shown UP
←--GRAIN-->



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

CUSTOMER	Quaker	OPERATOR	277	SALES SERVICE	040
DATE	5-24-08	Job Number	820450 -02		
DESCRIPTION	16oz Cap'n Crunch Smart Spot Update	Code #	100% 2.0 BWR ND		

Yelo Mag Cyan Blk PMS 485 Sp Red Die Vinyl

