



## Cheerios™ Bowlpak Cereal 1oz

Whole Grain Oats - First Ingredient. Toasted Whole Grain Oat Cereal in ring-shaped pieces. Provides 12 vitamins and minerals, and one gram of sugar per bowlpak. 1 oz eq grain. No Artificial Colors & No Artificial Flavors.

**UNIT SIZE:** 1 OZ  
**CASE COUNT:** 96

**PRODUCT CODE:** 32262000  
**UPC:** 016000322622  
**GTIN:** 10016000322629

### Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
<b>Calories</b>	100	
Calories From Fat	15	
		<b>% Daily Value*</b>
<b>Total Fat</b>	2g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	140mg	6%
<b>Potassium</b>	180mg	5%
<b>Total Carbohydrate</b>	20g	7%
Dietary Fiber	3g	11%
Soluble Fiber	1g	
Sugars	1g	
<b>Protein</b>	3g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	
Iron	45%	
Vitamin D	10%	
Thiamin	25%	
Riboflavin	2%	
Niacin	25%	
Vitamin B6	25%	
Folic Acid	50%	
Vitamin B12	25%	
Phosphorus	10%	
Magnesium	8%	
Zinc	25%	

\* Percent Daily Value (DV) are based on a 2,000 calorie diet

\* - Not a significant nutrient source

\* Nutritional information is subject to change. See product label to verify ingredients and allergens.

\*Do not eat raw dough or batter.

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### Ingredients

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.



**Kosher:**

### Package Information

NET WEIGHT: N/A  
VOLUME: 2.346 CF  
HEIGHT: 18.62 IN  
LENGTH: 16.75 IN  
WIDTH: 13 IN  
CASE SIZE: 2.346 CF

### KEY FEATURES:

- Gluten-Free
- Whole Grain