

Nutrition Facts

Serving Size: 1/4 Cup (22g)
Servings Per Package: TBD

Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
Calories	90	130
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	1%	1%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	0%
Sodium 25mg	1%	4%
Total Carbohydrate 17g	6%	8%
Dietary Fiber 1g	5%	5%
Sugars 6g		
Protein 2g		
Vitamin A	0%	6%
Vitamin C	0%	2%
Calcium	2%	15%
Iron	4%	4%
Vitamin D	0%	10%
Thiamin	4%	8%
Riboflavin	2%	10%
Niacin	0%	0%
Vitamin B6	0%	2%
Folate	0%	2%

* Amount in cereal. One-half cup skim milk contributes an additional 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

Ingredients: Whole Grain Rolled Oats, Sugar, Crisp Rice (rice flour, sugar, malt extract, salt), Oat Flour, Corn Syrup, Canola Oil, Molasses, Honey, Cinnamon. BHT (to preserve freshness).

Oats used in this product contain traces of wheat and soybeans.

MOM Brands®
Cinnamon Granola Cereal
GNC-5.0 FS
Regulatory NFP Released: 01/21/13
Graphics NFP Released: 01/23/13

Nutrition Facts have been developed to comply with current Federal regulations.

Product	oz eq grain	Meets USDA Whole Grain Rich Criteria	Meets USDA Whole Grain First Ingredient	Grams of Whole Grain	No Artificial Sweeteners	≤ 150 Calories	≤ 35% Calories from Fat	≤ 10% Calories from Saturated Fat	≤ 35% Sugar by Weight	0g Trans Fat Per Serving	Allergens Present	Pack Size	Serving Weight - ounces	Kosher Status	Serving Weight - grams	measure
Cinnamon Granola 100-42400-07485-1	1	✓	✓	9	✓	✓	✓	✓	✓	✓	W S	4/50 oz	0.77	Ⓢ ^D	22.0	¼ cup

