Kellogg's

CINNA MOONS

Crunchy oat moons with the taste of real cinnamon

Nutrition Facts

Serving Size: 1 cup (52g/1.8 oz)

Servings Per Container: About 8

Amount/Serving		
Calories	140	
Calories from Fat	10	
		*%DV
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	85mg	4%
Potassium	480mg	14%
Total Carb	30g	10%
Dietary Fiber	10g	40%
Soluble Fiber	1g	0%
Insoluble Fiber	9g	0%
Sugars	6g	0%
Protein	13g	20%

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%

Phosphorus 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

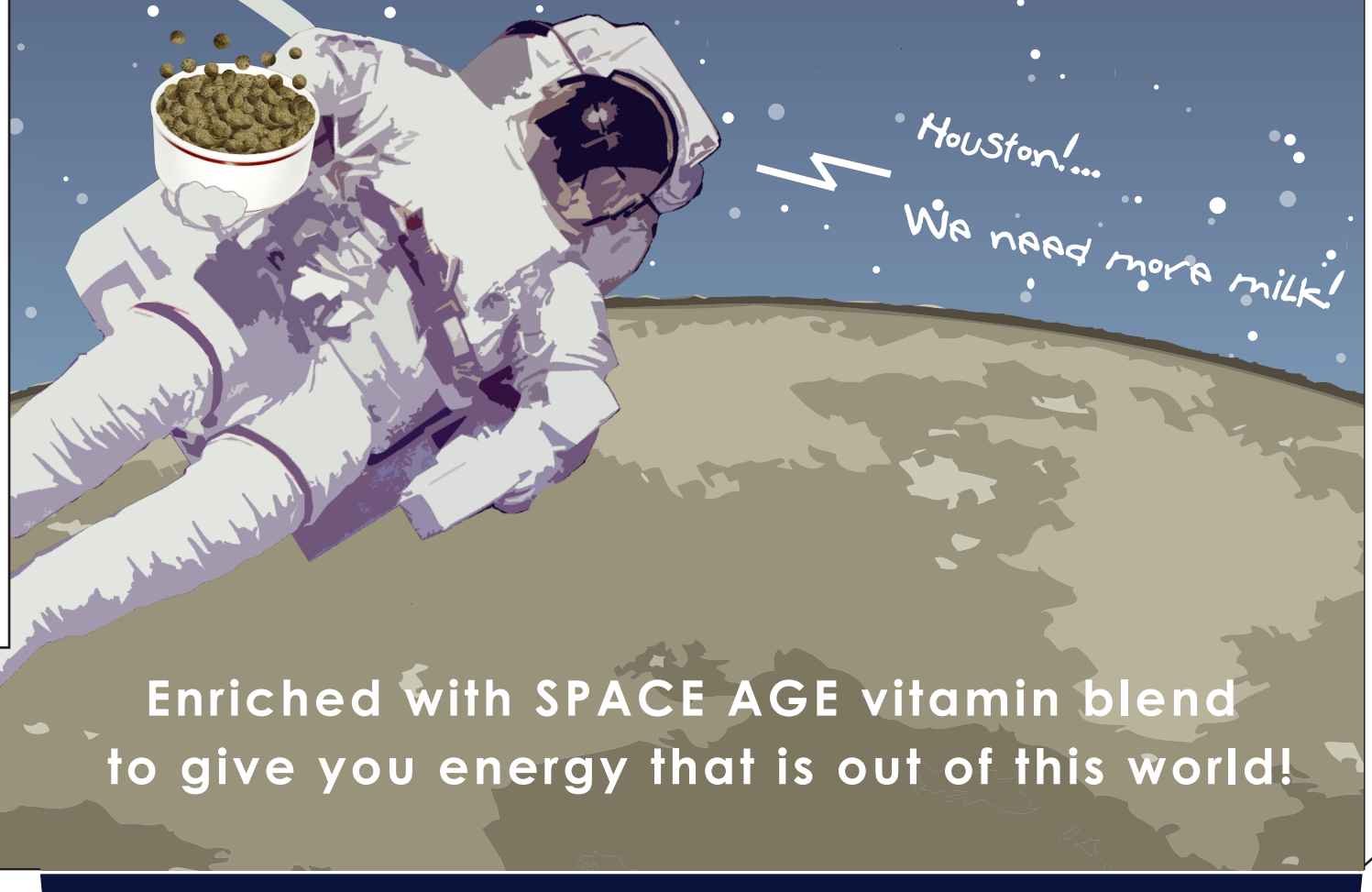
Diabetic Exchange:
2 Carbohydrates & 1-1/2 Lean Proteins

Calorie-Watchers Serving
Serving Size: 3/4 cup (39g/1.4oz)

Calories	110	Fat	1g
Fiber	8	Sugars	5g

Ingredients:
Soy grits, hard red winter wheat, long grain brown rice, whole grain oats, barley, triticale, rye, buckwheat, sesame seeds, evaporated cane juice syrup, corn meal, corn flour, soy protein, wheat bran, oat fiber, corn bran, honey, evaporated cane juice, natural flavors, calcium carbonate, salt, annatto

Allergen Statement: CONTAINS SOY & WHEAT INGREDIENTS.



Enriched with SPACE AGE vitamin blend
to give you energy that is out of this world!