

**Nutrition Facts**

Serving Size 1 cup (Approx 40g)

Serving Per Uit 10

**Lite 'n  
Crispy  
Oat Cereal**With 125ml of  
semi-skimmed  
milk added

<b>Calories</b>	146	213
Calories from Fat	11	30
<b>%Daily Value**</b>		
<b>Total Fat</b> 1.2g	<b>2%</b>	<b>5%</b>
Saturated Fat 0.2g	<b>1%</b>	<b>8%</b>
Trans Fat 0.01g		
Polyunaturated Fat 0.5g		
Monounsaturated Fat 0.4g		
<b>Cholesterol</b> <2mg	<b>0%</b>	<b>&lt;3%</b>
<b>Sodium</b> 64g	<b>3%</b>	<b>5%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>	<b>13%</b>
Dietary Fibre 3.0g	<b>12%</b>	<b>12%</b>
Sugars 9.2g		
<b>Protein</b> 3.4g	<b>7%</b>	<b>16%</b>
Vitamin A <24yg	<1%	<3%
Vitamin C <0.4mg	0%	<5%
Calcium 21.6mg	2%	17%
Iron 0.9mg	5%	5%

\*Amount in cereal. One half cup fat free milk, contributes an additional 40 calories, 50mg sodium, 6g total carbohydrate (6g sugar) and 4g protein.

\*\*Percent daily values are based on a 2,000 calorie diet. Our daily values may be higher or lower on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Saturated fat	Less than	20g	20g
Cholesterol	Less than	300mg	400mg
Sodium	Less than	2,400mg	3,000mg
Total carbohydrate		300g	400g
Dietary fibre		25g	50g

Calories per gram: 15.4

Sugars 0.23\*Fat 0.06\*Saturated 0.01\*Sodium 1.8\*Fibre 0.2