

Nutrition Facts

Serving Size 1 cup (Approx 40g)

Serving Per Uit 10

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

| | | |
|-------------------------------|------------|---------------|
| Calories | 146 | 213 |
| Calories from Fat | 11 | 30 |
| %Daily Value** | | |
| Total Fat 1.2g | 2% | 5% |
| Saturated Fat 0.2g | 1% | 8% |
| Trans Fat 0.01g | | |
| Polyunaturated Fat 0.5g | | |
| Monounsaturated Fat 0.4g | | |
| Cholesterol <2mg | 0% | <3% |
| Sodium 64g | 3% | 5% |
| Total Carbohydrate 32g | 11% | 13% |
| Dietary Fibre 3.0g | 12% | 12% |
| Sugars 9.2g | | |
| Protein 3.4g | 7% | 16% |
| 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