

Nutrition Facts

Serving Size 1 cup (Approx. 40g)*

Serving Per Uit 10

**Triple
Chocolate
Oat Cereal**With 125ml of
semi-skimmed
milk added

Calories	190	255
Calories from Fat	72	91
%Daily Value**		
Total Fat 8.0g	12%	15%
Saturated Fat 1.8g	9%	15%
Trans Fat <0.01g		
Polyunsaturated Fat 1.8g		
Monounsaturated Fat 4.1g		
Cholesterol <2mg	0%	<3%
Sodium 23mg	1%	3%
Total Carbohydrate 27.6g	9%	11%
Dietary Fiber 2.3g	9%	9%
Sugars 8.6g		
Protein 2.8g	6%	16%
Vitamin A <24yg	<1%	<3%
Vitamin C <0.4mg	0%	<5%
Calcium 20mg	2%	17%
Iron 1.7mg	9%	9%

*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