



**16000-31888**  
**25% Less Sugar Cocoa Puffs**  
**Self-Serve Bowl**  
 1-1/16 (30g)



**Ingredients:**

**Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali, Canola and/or Rice Bran Oil, Caramel and Beet Juice Concentrate Color, Salt, Natural and Artificial Flavor, Trisodium Phosphate. BHT Added to Preserve Freshness.**

**Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.**

<b>Nutrition Facts</b>			
Serving Size 1 Bowl (30g) (1 cup)			
<b>Amount Per Serving</b>			
<b>Calories</b>	110		
Calories from Fat	15		
<b>% Daily Value*</b>			
<b>Total Fat</b> 1.5g	<b>2%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 160mg	<b>7%</b>		
<b>Potassium</b> 90mg	<b>3%</b>		
<b>Total Carbohydrate</b> 25g	<b>8%</b>		
Dietary Fiber 2g	<b>7%</b>		
Sugars 8g			
<b>Protein</b> 2g			
Vitamin A	10%	Vitamin C	10%
Calcium	10%	Iron	25%
Vitamin D	10%	Thiamin	25%
Riboflavin	25%	Niacin	25%
Vitamin B6	25%	Folic Acid	25%
Vitamin B12	25%	Zinc	25%

\*Percent Daily Values are based on a 2,000 calorie diet.

<b>Nutrition Information</b>			
100g			
<b>Amount Per Serving</b>			
<b>Calories</b>	382.9		
Calories from Fat	44.7		
<b>Total Fat</b>	5.0 g		
Saturated Fat	0.8 g		
Trans Fat	0.1 g		
<b>Cholesterol</b>	0.0 mg		
<b>Sodium</b>	523.6 mg		
<b>Potassium</b>	295.5 mg		
<b>Total Carbohydrate</b>	83.3 g		
Dietary Fiber	5.8 g		
Sugars	26.1 g		
<b>Protein</b>	6.3 g		
Vitamin A	1666.7 IU	Vitamin C	20.0 mg
Calcium	333.3 mg	Iron	15.0 mg
Vitamin D	133.3 IU	Thiamin	1.3 mg
Riboflavin	1.4 mg	Niacin	16.7 mg
Vitamin B6	1666.7 mcg	Folic Acid	333.3 mcg
Vitamin B12	5.0 mcg	Zinc	12.5 mg

**CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ EQ GRAIN**

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

**QUESTIONS? Call 1-800-767-5404**  
**GENERAL MILLS \* P.O. Box 200 - FS \* MINNEAPOLIS, MINNESOTA 55440**

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling