

**Standard Vertical  
(w/ Voluntary)**

<b>Nutrition Facts</b>	
17 servings per container	
<b>Serving size 3/4 cup (28g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Soluble Fiber <1g	
Insoluble Fiber 1g	
Total Sugars 9g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 2mcg (80 IU)	10%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 115mg	2%
Vitamin A 90mcg	10%
Vitamin C 9mg	10%
Thiamin 0.3mg	25%
Riboflavin 0.3mg	25%
Niacin 4mg	25%
Vitamin B <sub>6</sub> 0.4mg	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B <sub>12</sub> 0.6mcg	25%
Phosphorus 100mg	8%
Magnesium 25mg	6%
Zinc 3mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Standard Vertical**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 2/3 cup (55g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Simplified Display**

<b>Nutrition Facts</b>	
64 servings per container	
<b>Serving size 1 tbsp (14g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% DV*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 2g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	
Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium	
* %DV = %Daily Value	

**Aggregate Display**

<b>Nutrition Facts</b>	Wheat Squares Sweetened	Corn Flakes Not Sweetened	Mixed Grain Flakes Sweetened
1 serving per container			
<b>Serving size 1 box</b>	(35g)	(19g)	(27g)
<b>Amount per serving</b>			
<b>Calories</b>	<b>130</b>	<b>70</b>	<b>100</b>
<b>% Daily Value*</b>			
<b>Total Fat</b>	0g	0g	0g
Saturated Fat	0g	0g	0g
<i>Trans Fat</i>			
<b>Cholesterol</b>	0mg	0mg	0mg
<b>Sodium</b>	0mg	200mg	120mg
<b>Total Carbohydrate</b>	29g	17g	24g
Dietary Fiber	3g	1g	1g
Total Sugars	8g	6g	13g
Includes Added Sugars	8g	5g	13g
<b>Protein</b>	4g	1g	1g
Vitamin D	2mcg	2mcg	0mcg
Calcium	0mg	0mg	0mg
Iron	2mg	1mg	4mg
Potassium	125mg	25mg	30mg
Vitamin A	0%	10%	10%
Vitamin C	0%	15%	90%
Thiamin	35%	15%	25%
Riboflavin	30%	10%	25%
Niacin	30%	10%	20%
Vitamin B <sub>6</sub>	30%	20%	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

**Dual Column  
Per Serving and  
Per Container**

**Dual Column  
Per Serving and Per Unit**

**Dual Column  
Per Serving (as purchased)  
and Per Serving as Prepared**

<b>Nutrition Facts</b>			
2 servings per container			
<b>Serving size</b>		<b>1 cup (255g)</b>	
<b>Calories</b>	<b>Per serving</b>	<b>Per container</b>	
	<b>220</b>	<b>440</b>	
	<small>% DV*</small>	<small>% DV*</small>	
<b>Total Fat</b>	5g <b>6%</b>	10g <b>13%</b>	
Saturated Fat	2g <b>10%</b>	4g <b>20%</b>	
Trans Fat	0g	0g	
<b>Cholesterol</b>	15mg <b>5%</b>	30mg <b>10%</b>	
<b>Sodium</b>	240mg <b>10%</b>	480mg <b>21%</b>	
<b>Total Carb.</b>	35g <b>13%</b>	70g <b>25%</b>	
Dietary Fiber	8g <b>21%</b>	12g <b>43%</b>	
Total Sugars	7g	14g	
Incl. Added Sugars	4g <b>8%</b>	8g <b>16%</b>	
<b>Protein</b>	9g	18g	
Vitamin D	5mcg 25%	10mcg 50%	
Calcium	200mg 15%	400mg 30%	
Iron	1mg 6%	2mg 10%	
Potassium	470mg 10%	940mg 20%	

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<b>Nutrition Facts</b>			
12 servings per container			
<b>Serving size</b>		<b>1/2 muffin (114g)</b>	
<b>Calories</b>	<b>Per 1/2 muffin</b>	<b>Per 1 muffin</b>	
	<b>380</b>	<b>760</b>	
	<small>% DV*</small>	<small>% DV*</small>	
<b>Total Fat</b>	16g <b>21%</b>	32g <b>41%</b>	
Saturated Fat	3g <b>15%</b>	6g <b>30%</b>	
Trans Fat	0g	0g	
<b>Cholesterol</b>	50mg <b>17%</b>	100mg <b>33%</b>	
<b>Sodium</b>	480mg <b>21%</b>	960mg <b>42%</b>	
<b>Total Carb.</b>	56g <b>20%</b>	112g <b>41%</b>	
Dietary Fiber	2g <b>7%</b>	4g <b>14%</b>	
Total Sugars	32g	64g	
Incl. Added Sugars	30g <b>60%</b>	60g <b>120%</b>	
<b>Protein</b>	3g	6g	
Vitamin D	0.1mcg 0%	0.2mcg 2%	
Calcium	40mg 4%	80mg 6%	
Iron	2mg 10%	4mg 20%	
Potassium	190mg 4%	380mg 8%	

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<b>Nutrition Facts</b>			
12 servings per container			
<b>Serving size</b>		<b>1/4 cup dry mix (44g)</b>	
<b>Calories</b>	<b>Per 1/4 cup dry mix</b>	<b>Per baked portion</b>	
	<b>170</b>	<b>300</b>	
	<small>% DV*</small>	<small>% DV*</small>	
<b>Total Fat</b>	1.5g <b>2%</b>	16g <b>21%</b>	
Saturated Fat	1g <b>5%</b>	5g <b>25%</b>	
Trans Fat	0g	0g	
<b>Cholesterol</b>	0mg <b>0%</b>	60mg <b>20%</b>	
<b>Sodium</b>	300mg <b>13%</b>	375mg <b>16%</b>	
<b>Total Carb.</b>	36g <b>13%</b>	36g <b>13%</b>	
Dietary Fiber	<1g <b>2%</b>	<1g <b>2%</b>	
Total Sugars	18g	18g	
Incl. Added Sugars	18g <b>36%</b>	18g <b>36%</b>	
<b>Protein</b>	2g	3g	
Vitamin D	0mcg 0%	0mcg 0%	
Calcium	100mg 8%	100mg 8%	
Iron	1mg 6%	1mg 6%	
Potassium	45mg 0%	45mg 0%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Tabular Format**

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
10 servings per container <b>Serving size</b> <b>2 slices (56g)</b> <b>Calories</b> <b>per serving 170</b>	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 36g	<b>13%</b>
	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 2g	<b>7%</b>
	Trans Fat 0.5g		Total Sugars 1g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 1g of Added Sugars	<b>2%</b>
	<b>Sodium</b> 280mg	<b>12%</b>	<b>Protein</b> 4g	
	Vitamin D 0mcg 0%		Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1mg 6% • Potassium 470mg 10%	
	Calcium 80mg 6%		Thiamin 15% • Riboflavin 8% • Niacin 10%	
	Iron 1mg 6%			
	Potassium 470mg 10%			
	Thiamin 15%			

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Tabular Display for Small Packages**

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% DV</b>	<b>Amount/serving</b>	<b>% DV</b>
5 servings per container <b>Serving size</b> <b>1/6 cup (28g)</b> <b>Calories</b> <b>per serving 90</b>	<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carb.</b> 15g	<b>5%</b>
	Sat. Fat 1g	<b>5%</b>	Fiber 0g	<b>0%</b>
	Trans Fat 0.5g		Total Sugars 14g	
	<b>Cholesterol</b> 10mg	<b>3%</b>	Incl. 13g Added Sugars	<b>26%</b>
	<b>Sodium</b> 200mg	<b>9%</b>	<b>Protein</b> 3g	
	Vitamin D 0%		Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%	
	Calcium 6%			
	Iron 6%			
	Potassium 10%			

**Linear Display for Small Packages**

<b>Nutrition Facts</b> Servings: 12, <b>Serv. size: 1 mint (2g),</b> Amount per serving: <b>Calories 5, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV),</b> <i>Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 0mg (0% DV), Total Carb. 2g (1% DV),</i> <i>Fiber 0g (0% DV), Total Sugars 2g (Incl. 2g Added Sugars, 4% DV), Protein 0g,</i> <i>Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (5% DV).</i>
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