Product Name	Cinnamon Flakes Multigrain Reduced Sugar
Flavor Descriptor	
NLI Description	SSB
Brand	KELLOGG'S

Date Created	09-11-14
NLI #	10898
Kosher Status	K
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1			
USDA Ounce Equivalents of Meat/Meat Alternate				
	Carbohydrates	Fat	Protein	Free
Diet Exchange	1 1/2			
Whole Grains (g/serving)	12			

Serving Size	1 Container							
Serving Size g	28							
Serving Size oz								
Amount Per Serving	Cereal							
Calories	100							
Calories from Fat	0							
			% Daily Value*				% Daily Value*	
Total Fat	0	g	0	%		g		%
Saturated Fat	0	g	0	%		g		%
Trans Fat	0	g				g		
Polyunsaturated Fat		g				g		
Monounsaturated Fat		g				g		
Cholesterol	0	mg	0	%		mg		%
Sodium	170	mg	7	%		mg		%
Potassium		mg		%		mg		%
Total Carbohydrate	24	g	8	%		g		%
Dietary Fiber	3	g	11	%		g		%
Soluble Fiber		g				g		
Insolube Fiber		g				g		
Sugars	6	g				g		
Sugar Alcohol		g				g		
Other Carbohydrate		g				g		
Protein	2	g		%		g		%
Vitamin A			10	%				%
Vitamin C			25	%				%
Calcium			0	%				%
Iron			25	%				%
Vitamin D			10	%				%
Vitamin E				%				%
Vitamin K				%				%
Thiamin			25	%				%
Riboflavin			25	%				%
Niacin			25	%				%
Vitamin B6			25	%				%
Folic Acid			25	%				%
Vitamin B12			25	%				%
Biotin				%				%
Pantothenic Acid				%				%
Phosphorus				%				%
Iodine				%				%
Magnesium				%				%
Zinc				%				%
Selenium				%				%
Copper				%				%
Manganese				%				%
Chromium				%				%
Molybdenum				%				%

Ingredients:

INGREDIENTS: WHOLE GRAIN WHEAT RICE, SUGAR, MILLED CORN, WHEAT BRAN, CONTAINS 2% OR LESS OF SOLUBLE WHEAT FIBER, SALT, MALT FLAVOR, CINNAMON.

VITAMINS AND MINERALS: VITAMIN C (ASCORBIC ACID), NIACINAMIDE, REDUCED IRON, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B12, VITAMIN D3.

ALLERGEN INFORMATION:

CONTAINS WHEAT INGREDIENTS.

CORN USED IN THIS PRODUCT MAY CONTAIN TRACES OF SOYBEANS.

Other Required Statements:

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Sat. Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Julia Jursinic

Julia M. Jursinic, MS
Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

Nutrient Contents Per 100g					
Calories	359		Vitamin A	1786	IU
Calories from fat	12		Vitamin C	54	mg
Total Fat	1.4	g	Calcium	23.7	mg
Saturated Fat	0.3	g	Iron	16.1	mg
Polyunsaturated Fat	0.8	g	Vitamin D	143	IU
Monounsaturated Fat	0.2	g	Vitamin E	0	IU
Trans Fat	0.0	g	Thiamin	1.34	mg
Cholesterol	0	mg	Riboflavin	1.52	mg
Sodium	614	mg	Niacin	17.9	mg
Potassium	280	mg	Vitamin B6	1.79	mg
Total Carbohydrate	86.5	g	Folic Acid	357	mcg
Dietary Fiber	9.7	g	Vitamin B12	5.4	mcg
Soluble Fiber	2.2	g	Pantothenic Acid	NA	mg
Insoluble Fiber	7.5	g	Phosphorus	269	mg
Sugars	22.5	g	Magnesium	85	mg
Sugar Alcohols	NA	g	Zinc	2.3	mg
Protein	7.7	g	Copper	NA	mg
NA = Database values for the nutrient do not exist or are incomplete.			Manganese	NA	mg
			Selenium	NA	mcg
			Moisture	3.0	%
			Ash	1.4	%

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 38000 92934 2	Carton	1oz (28g)	1
000 38000 78786 7	Case		