Product Name	Corn Flakes
Flavor Descriptor	
NLI Description	Self-Serve Bowl
Brand	**KELLOGG'S**

Date Created	12-17-14
NLI #	08708
Kosher Status	K
Product of	U.S.A.

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

Serving Size	1 Container							
Serving Size g	21							
Serving Size oz								
Amount Per Serving								
Calories	80							
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	150	mg	6	%		mg		%
Potassium		mg		%		mg		%
Total Carbohydrate	18	g	6	%		g		%
Dietary Fiber	<1	g	3	%		g		%
Soluble Fiber		g				g		
Insolube Fiber		g				g		
Sugars	2	g				g		
Sugar Alcohol		g				g		
Other Carbohydrate		g				g		
Protein	2	g		%		g		%
Vitamin A			6	%				%
Vitamin C			6	%				%
Calcium			0	%				%
Iron			30	%				%
Vitamin D			8	%				%
Vitamin E				%				%
Vitamin K				%				%
Thiamin			15	%				%
Riboflavin			15	%				%
Niacin			15	%				%
Vitamin B6			15	%				%
Folic Acid			15	%				%
Vitamin B12			15	%				%
Biotin				%				%
Pantothenic Acid				%				%
Phosphorus				%				%
Iodine				%				%
Magnesium				%				%
Zinc				%				%
Selenium				%				%
Copper				%				%
Manganese				%				%
Chromium				%				%
Molybdenum				%				%

Ingredients:

INGREDIENTS: MILLED CORN, SUGAR, MALT FLAVOR, CONTAINS 2% OR LESS OF SALT.

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

ALLERGEN INFORMATION:

CORN USED IN THIS PRODUCT MAY CONTAIN TRACES OF SOY.

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

Product information can change at any time.
Always refer to product package for current nutrition and ingredient information.

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

Nutrient Contents Per 100g					
Calories	357		Vitamin A	1786	IU
Calories from fat	4		Vitamin C	21	mg
Total Fat	0.4	g	Calcium	5.4	mg
Saturated Fat	0.1	g	Iron	28.9	mg
Monounsaturated Fat	0.1	g	Vitamin D	143	IU
Polyunsaturated Fat	0.2	g	Vitamin E	NA	IU
Trans Fat	0.0	g	Thiamin	1.34	mg
Cholesterol	0	mg	Riboflavin	1.52	mg
Sodium	729	mg	Niacin	17.9	mg
Potassium	168	mg	Vitamin B6	1.79	mg
Total Carbohydrate	84.1	g	Folic Acid	357	mcg
Dietary Fiber	3.3	g	Vitamin B12	5.4	mcg
Soluble Fiber	0.0	g	Pantothenic Acid	NA	mg
Insoluble Fiber	3.3	g	Phosphorus	102	mg
Sugars	9.5	g	Magnesium	39	mg
Sugar Alcohols	NA	g	Zinc	1.0	mg
Protein	7.5	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	5.0	%

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 38000 00195 6	Carton	0.75oz (21g)	1
000 38000 00196 3	Case	96 - 0.75oz	