

# Cereal, Cocoa Puffs, Gen Mills

## Nutrition Facts

Serving Size 3/4 cup (29g)

Servings Per Container 1

**Amount Per Serving**

**Calories** 111      **Calories from Fat** 8

% Daily Value\*

**Total Fat** 1g **1%**

Saturated Fat 0g **1%**

*Trans* Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 163mg **7%**

**Potassium** 48mg **1%**

**Total Carbohydrate** 25g **8%**

Dietary Fiber 1g **3%**

Sugars 13g

**Protein** 1g **2%**

Vitamin A 0%      ● Vitamin C 10%

Calcium 9%      ● Iron 24%

Thiamin 24%      ● Riboflavin 24%

Niacin 24%      ● Vitamin B6 24%

Folacin 24%      ● Vitamn B12 24%

Phosphorus 2%      ● Zinc 24%

\*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
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2400mg	2400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

Calories per gram:

Fat 9      \*      Carbohydrate 4      \*      Protein 4