

Cereal, Fruity Pebbles, Post

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 10
<small>% Daily Value*</small>	
Total Fat 1g	2%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 20mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 1g	2%
Vitamin A 15% ● Vitamin C 0%	
Calcium 0% ● Iron 10%	
Thiamin 25% ● Riboflavin 25%	
Niacin 25% ● Vitamin B6 25%	
Folacin 25% ● Vitamin B12 25%	
Phosphorus 0% ● Zinc 10%	
*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
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	