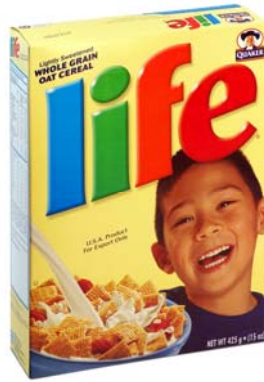


# 桂格生命方脆 Quaker Life Cereal



## Nutrition Facts

Serving Size 3/4 Cup (32 g)			
Children Under 4 – ½ cup (21 g)			
Amount per serving			
	Cereal Alone	With 1/2 cup of Vit A & D fortified skim milk	Cereal for Children Under 4
<b>Calories</b>	120	160	80
<b>Calories from Fat</b>	15	15	10
	%Daily Value**		
<b>Total Fat 1.5g*</b>	2%	2%	1g
Saturated Fat 0g	0%	2%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
<b>Cholesterol</b> 0mg	0%	1%	0mg
<b>Sodium 160mg</b>	7%	9%	110g
<b>Potassium</b> 90mg	3%	8%	60mg
<b>Total</b>			
<b>Carbohydrate</b> 25g	8%	10%	16g
Dietary Fiber 2g	8%	8%	1g
Soluble Fiber 1g			<1g
Sugars 6g			4g
Other Carbohydrate 17g			11g
<b>Protein 3g</b>			1g

	%Daily Value**		
Protein	-	-	6%
Vitamin A	0%	4%	0%
Vitamin C	0%	0%	0%
Calcium	10%	25%	10%
Iron	45%	50%	80%
Thiamin	25%	30%	50%
Riboflavin	25%	40%	60%
Niacin	25%	25%	60%
Vitamin B6	25%	30%	70%
Folic Acid	60%	25%	15%
Phosphorus	10%	25%	15%
Zinc	25%	30%	80%

\* Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 6g Total Carbohydrate (6g Sugars), and 4g Protein.

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

\*\*\*Percent Daily Value for Children Under 4 years of age.

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** Whole grain oat flour, sugar, corn flour, whole wheat flour, rice flour, salt, calcium carbonate (a source of calcium), stabilizer (disodium phosphate), reduced iron, niacinamide\*, zinc oxide, preservative (BHT), colour (E102, E110), thiamin mononitrate\*, pyridoxine hydrochloride\*, riboflavin\*, folic acid\*  
\*One of the B vitamins

**Contains: Wheat ingredients**