

NABISCO

FAMILY SIZE!

Reduced Fat
30% Less Fat Than Original
WHEAT THINS!

Wheat Thins

BAKED
SNACK
CRACKERS

®

Great
Taste...
Big Crunch!

NET WT 14.5 OZ (411g)



GOODNESS CORNER™



110 CALORIES PER SERVING

Cheerios®

Toasted Whole Grain Oat Cereal



General Mills
Whole Grain

ALL
General Mills Cereals
Are Made
With **WHOLE**
GRAIN!

Look for this seal to
ensure whole grain.

Three grams of soluble fiber daily from whole grain oat foods, like Cheerios, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios has 1 gram per cup.

© NET WT 10 OZ (283g)



Nutrition Facts

Serving Size 1 cup (30g)
 Children Under 4 - ¾ cup (20g)
 Servings Per Container About 9
 Children Under 4 - About 14

Amount Per Serving	Cheerios	With ½ cup skim milk	Cereal for Children Under 4
Calories	110	150	70
Calories from Fat	15	20	10

	% Daily Value**		
Total Fat 2g*	3%	3%	1g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 210mg	9%	12%	140mg
Potassium 200mg	6%	12%	130mg
Total Carbohydrate 22g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 18g			12g
Protein 3g			2g

	% Daily Value		
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B ₆	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B ₁₂	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%
Copper	2%	2%	2%

* Amount in cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 270mg sodium, 400mg potassium, 28g total carbohydrate (7g sugars) and 7g 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:

	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE GRAIN OATS, MODIFIED CORN STARCH, CORN STARCH, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

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

Kellogg's[®]

FROOT LOOPS

Golden Berry

SWEETENED
MULTI-GRAIN
CEREAL



ENLARGED TO
SHOW TEXTURE

NET WT. 11 OZ. (312g)

Kellogg's



Nutrition Facts

Serving Size 1 Cup (32g/1.1 oz.)
 Servings Per Container About 10

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	130	170
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 140mg	6%	9%
Potassium 30mg	1%	7%
Total Carbohydrate 28g	9%	11%
Dietary Fiber less than 1g	3%	3%
Sugars 15g		
Other Carbohydrate 12g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Zinc	10%	15%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (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:

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Ingredients: Sugar; corn flour; wheat flour; oat flour; partially hydrogenated vegetable oil (one or more of: coconut, cottonseed, and soybean); salt; sodium ascorbate and ascorbic acid (vitamin C); yellow #5; niacinamide; reduced iron; natural orange, lemon, cherry, raspberry, blueberry, lime, and other natural flavors; yellow #6; red #40, zinc oxide; blue #2; pyridoxine hydrochloride (vitamin B₆); blue #1; riboflavin (vitamin B₂); thiamin hydrochloride (vitamin B₁); vitamin A palmitate; turmeric color; BHT (preservative); folic acid; vitamin B₁₂; vitamin D.

CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Exchange: 2 Carbohydrates
 The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

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ICE AGE 2
THE MELTDOWN™
ONLY IN THEATERS



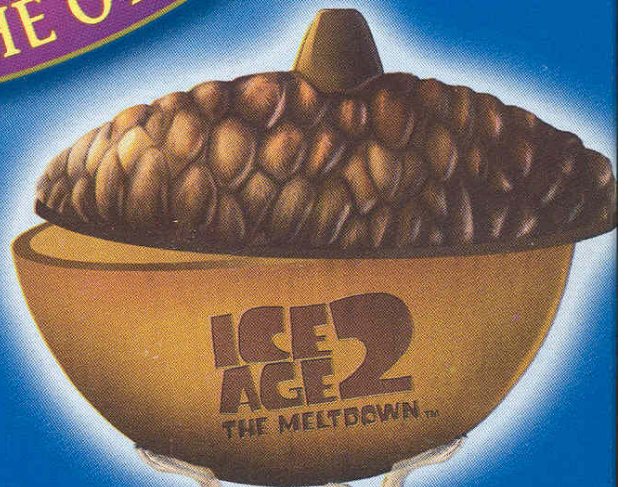
CORN ON ONE SIDE

Crispix

CEREAL

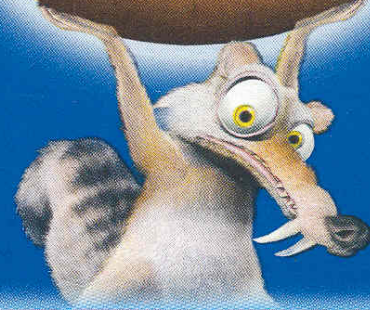
RICE ON THE OTHER

K



ENLARGED TO
SHOW TEXTURE

Serving
Suggestion



SCRAT'S SNACK
BOWL

BY MAIL

See Back for Details.

NET WT. 12 OZ. (340g)



Nutrition Facts

Serving Size 1 Cup (29g/1.0 oz.)
 Servings Per Container About 12

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	110	150
Calories from Fat	0	0

	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 210mg	9%	11%
Potassium 35mg	1%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber less than 1g	2%	2%
Sugars 3g		
Other Carbohydrate 21g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	35%	40%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B ₆	35%	35%
Folic Acid	70%	70%
Vitamin B ₁₂	35%	45%
Zinc	10%	15%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 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:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Ingredients: Milled corn, rice, brown sugar, salt, malt flavoring, baking soda, ascorbic acid (vitamin C), iron, niacinamide, turmeric color, zinc oxide, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), vitamin A palmitate, folic acid, vitamin B₁₂ and vitamin D.

**CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 1 1/2 Carbohydrates

The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

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*Carbs for energy, high in six B vitamins, excellent source of iron.

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110 CALORIES PER SERVING

Whole Grain

Total

100% of Vitamins C & E
Excellent Source of Whole Grain

100%
DAILY VALUE
OF 12 VITAMINS
& MINERALS



Whole Grain Wheat
& Brown Rice Flakes

©D

NET WT 12 OZ (340g)

Diets rich in whole grain foods, and other plant foods that are low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and cancer.

Nutrition Facts

Serving Size ¾ cup (30g)
 Servings Per Container About 11

Amount Per Serving	Whole Grain Total	with 1/2 cup skim milk
Calories	110	150
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Potassium 90mg	3%	8%
Total Carbohydrate 23g	8%	10%
Dietary Fiber 3g	10%	10%
Sugars 5g		
Other Carbohydrate 15g		

Protein 2g

Vitamin A	10%	15%
Vitamin C	100%	100%
Calcium	100%	110%
Iron	100%	100%
Vitamin D	10%	25%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B ₆	100%	100%
Folic Acid	100%	100%
Vitamin B ₁₂	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	100%	100%
Copper	4%	4%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 260mg sodium, 290mg potassium, 29g total carbohydrate (11g sugars) and 7g 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:

	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, CALCIUM CARBONATE, WHOLE GRAIN BROWN RICE, CORN SYRUP, SALT, CORN BRAN, LACTOSE, DISTILLED MONOGLYCERIDES, VITAMIN C (SODIUM ASCORBATE), ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN E (TOCOPHERYL ACETATE), A B VITAMIN (NIACINAMIDE), A B VITAMIN (CALCIUM PANTOTHENATE), ANNATTO EXTRACT COLOR, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN A (PALMITATE), VITAMIN B₁₂, VITAMIN D. FRESHNESS PRESERVED BY BHT.
CONTAINS WHEAT INGREDIENTS.

DISTRIBUTED BY **General Mills Cereals, LLC**
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Exchange: 1½ Starch
 Exchange calculations based on the *Exchange Lists for Meal Planning*.
 ©2003 the American Dietetic Association, the American Diabetes Association.
 This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.



**OATMEAL
HELPS REMOVE
CHOLESTEROL!**



Three grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has two grams per serving.



OLD FASHIONED

QUAKER OATS

100% WHOLE GRAIN

100% NATURAL



**NET WT
18 OZ (1 LB 2 OZ)
510 g**

Nutrition Facts

Serving Size: 1/2 cup dry (40g)

Servings Per Container 13

Amount Per Serving

Calories 150

Calories from Fat 25

% Daily Value *

Total Fat 3g **5%**

Saturated Fat 0.5g **2%**

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carb 27g **9%**

Dietary Fiber 4g **15%**

Soluble Fiber 2g

Insoluble Fiber 2g

Sugars 1g

Protein 5g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

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

**Ingredient: 100% Natural
Whole Grain Quaker Quality
Rolled Oats**

HyVee[®]

*Premium
Natural Whole Grain*

**INSTANT
BROWN
RICE**

READY IN
10
TEN MINUTES



NET WT 14 OZ (397 g)

SERVING
SUGGESTION

MICROWAVEABLE



Nutrition Facts

Serv. Size 1/2 cup (43 grams)
(makes 1 cup prepared)
Servings Per Container about 9

Amount Per Serving	As Packaged
Calories	150
Calories from Fat	10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	7%
Sugars 0g	
Protein 4g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

*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 2,400mg	2,400mg
Total Carbohydrate	30g	375g
Dietary Fiber	25g	30g
Protein	Less than 50g	65g

INGREDIENTS: PRECOOKED PARBOILED BROWN RICE.

DISTRIBUTED BY HY-VEE, INC.
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PASTA AND SAUCE

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INFORMATION FOR
SODIUM CONTENT

EXCELLENT SOURCE OF
CALCIUM

GOOD SOURCE OF
**VITAMINS
B1, C, D & E**

GOOD SOURCE OF
WHOLE GRAIN



SPIDERMAN[®]

MARVEL[®]

NET WT
5.5 OZ (156g)

Nutrition Facts

Serving Size 2.5 oz (70g)

(Makes about 1 cup)

Servings Per Container about 2

Amount Per Serving	In Box	Prep
--------------------	--------	------

Calories	250	350
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Calories from Fat	20	100
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%Daily Value**

Total Fat 2.5g*	4%	17%
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Saturated Fat 1.5g	8%	18%
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Trans Fat 0g

Cholesterol 5mg	2%	3%
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Sodium 490mg	20%	25%
---------------------	-----	-----

Total

Carbohydrate 48g	16%	17%
-------------------------	-----	-----

Dietary Fiber 3g	12%	12%
------------------	-----	-----

Sugars 6g

Protein 9g

Vitamin A	0%	15%
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Vitamin C	10%	10%
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Calcium	20%	25%
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Iron	8%	8%
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Vitamin D	15%	15%
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Vitamin E	15%	15%
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Thiamin (Vitamin B ₁)	10%	10%
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* Amount in Box. Preparation with 0g trans fat spread and fat free milk adds 8.5g total fat (2g sat fat, 0g trans fat), 5mg cholesterol, 110mg sodium, 2g total carbohydrate, (2g sugars) and 1g 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:

Calories:	2,000	2,500
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Total Fat	Less than 65g	80g
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Sat Fat	Less than 20g	25g
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Cholest	Less than 300mg	300mg
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Sodium	Less than 2,400mg	2,400mg
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Total Carb	300g	375g
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Dietary Fiber	25g	30g
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INGREDIENTS: ENRICHED PASTA: DURUM WHEAT SEMOLINA, WHOLE WHEAT FLOUR, MONOGLYCERIDES, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), VITAMIN D; CHEESE SAUCE MIX: WHEY, MODIFIED FOOD STARCH, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, POTASSIUM CHLORIDE, CONTAINS LESS THAN 2% OF CALCIUM CARBONATE, SODIUM TRIPOLYPHOSPHATE, CELLULOSE GEL, CELLULOSE GUM, CITRIC ACID, CALCIUM PHOSPHATE, NATURAL FLAVOR, SODIUM PHOSPHATE, LACTIC ACID, MONOSODIUM GLUTAMATE, MILK, ASCORBIC ACID (VITAMIN C), YELLOW 5, VITAMIN E ACETATE, ARTIFICIAL FLAVOR, YELLOW 6, DRIED ONIONS, ENZYMES, CHEESE CULTURE

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