



3 gramos o más de fibra?

9 gramos o menos de azúcar

Nutrition Facts

Serving Size 1/2 cup (57g)
Servings Per Container 15

Amount Per Serving	Granola with 1/2 Cup Fat	
	Granola	Free Milk
Calories	240	290
Calories from Fat	70	70
	% Daily Value**	
Total Fat 8g*	12%	12%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 90mg	4%	7%
Total Carbohydrate 37g	12%	15%
Dietary Fiber 4g	16%	16%
Sugars 18g		
Protein 5g		
Vitamin A	0%	6%
Vitamin C	0%	2%
Calcium	4%	15%
Iron	10%	10%



Detective de Cereales Trabajo



NUTRITION LABEL

Serving Size
0.75 cup
Amount Per Serving
Calories: 120
Total Fat: 1.5g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 160mg
Total Carbohydrate: 25g
Dietary Fiber: 2g
Sugars: 6g
Protein: 3g

Nombre De Cereales	Gramos de Fibra	Gramos de Azúcar	“Ir” o “Lenta” Cereales?
Life			
Mighty Bites			
Fruit Loops			



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Detective de Cereales Trabajo



NUTRITION LABEL

Serving Size
1 cup (1 NLEA serving)
Amount Per serving:
Calories: 117
Total Fat: 1g
Saturated Fat: 0g
Trans Fat 0g
Cholesterol: 0mg
Sodium: 162 mg
Total Carbohydrate: 0g
Dietary Fiber 3g
Sugar 5g
Protein: 6g

Nombre De Cereales	Gramos de Fibra	Gramos de Azúcar	"Go" o "Slow" Cereales?
Life	2	6	Slow
Mighty Bites			
Fruit Loops			



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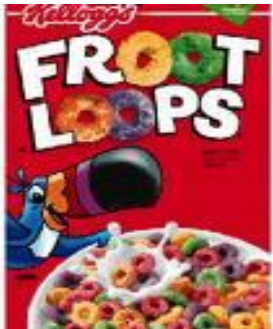
Detective de Cereales Trabajo



NUTRITION LABEL

Serving Size
3/4 cup (30g)
Amount per serving:
Calories: 118
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 150mg
Total Carbohydrates: 26g
Dietary Fiber: 1g
Sugars: 12g
Protein: 2g

Nombre De Cereales	Gramos de Fibra	Gramos de Azúcar	"Go" o "Slow" Cereales?
Life	2	6	Slow
Mighty Bites	3	5	Go
Fruit Loops			



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Naturally Flavored
Honey Nut Cheerios



Nutrition Facts

Serving Size 3/4 cup (28g)
 Servings Per Container about 25

Amount Per Serving	Honey Nut Cheerios	with 1/2 cup skim milk
Calories	110	150
Calories from Fat	10	15
	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 160mg	7%	9%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 2g		15%

FRUITY PEBBLES

CERIAL BRAND

Excellent Source of Vitamin D
 11 Essential Vitamins and Minerals

Nutrition Facts

Serving Size 3/4 cup (30g)
 Servings Per Container about 14

Amount Per Serving	Cereal with 1/2 cup Fat Free Milk	
	Cereal	Fat Free Milk
Calories	120	160
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 1g	5%	5%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 190mg	8%	11%
Potassium 20mg	1%	6%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 0g	0%	0%
Sugars 11g		
Other Carbohydrate 15g		
Protein 1g		15%

Bite-size
Frosted Shredded Wheat

Sweetened Whole Grain Wheat Cereal

Nutrition Facts

Serving Size 1 cup (55g)
 Servings Per Container about 9

Amount Per Serving	Cereal with 1/2 cup Skim Milk	
	Cereal	Skim Milk
Calories	190	230
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 10mg	0%	3%
Potassium 180mg	5%	11%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 6g	24%	24%
Soluble Fiber 1g		
Insoluble Fiber 5g		
Sugars 11g		
Other Carbohydrate 28g		
Protein 5g		6%

Kashi

Heart to Heart

Nutrition Facts

Serving Size 3/4 Cup (33g/1.2 oz.)
 Servings Per Container About 11

Amount Per Serving

Calories 120 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Potassium 95mg 3%

Total Carbohydrate 25g 8%

Dietary Fiber 5g 18%

Soluble Fiber 1g

Insoluble Fiber 4g

Sugars 5g

Protein 4g

Vitamin C 50%

Cheerios

Nutrition Facts

Serving Size 1 cup (28g)
 Children Under 4 - 3/4 cup (21g)
 Servings Per Container about 18
 Children under 4 - about 24

Amount Per Serving	Cheerios	with 1/2 cup skim milk	Cereal for Children Under 4
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Calories	100	140	80
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Calories from Fat	15	20	10
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% Daily Value**

Total Fat 2g*	3%	3%	1.5g
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Saturated Fat 0g	0%	3%	0g
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Trans Fat 0g			0g
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Polyunsaturated Fat 0.5g			0g
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Monounsaturated Fat 0.5g			0g
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Cholesterol 0mg	0%	1%	0mg
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Sodium 160mg	7%	9%	120mg
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Potassium 170mg	5%	11%	130mg
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Total Carbohydrate 20g	7%	9%	15g
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Dietary Fiber 3g	11%	11%	2g
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Soluble Fiber 1g			0g
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Sugars 1g			1g
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Other Carbohydrate 17g			12g
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Protein 3g			2g
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% Daily Value**

COCOA PEBBLES
 CEREAL BRAND

GLUTEN FREE
 10 Essential Vitamins and Minerals

Nutrition Facts

Serving Size 3/4 cup (30g)
 Servings Per Container about 10

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
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Calories	120	160
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Calories from Fat	10	10
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% Daily Value**

Total Fat 1g*	2%	2%
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Saturated Fat 1g	5%	5%
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Trans Fat 0g		
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Polyunsaturated Fat 0g		
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Monounsaturated Fat 0g		
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Cholesterol 0mg	0%	0%
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Sodium 190mg	8%	11%
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Potassium 50mg	1%	7%
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Total Carbohydrate 26g	9%	11%
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Dietary Fiber 0g	0%	0%
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Sugars 11g		
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Other Carbohydrate 15g		
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Protein 1g		
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