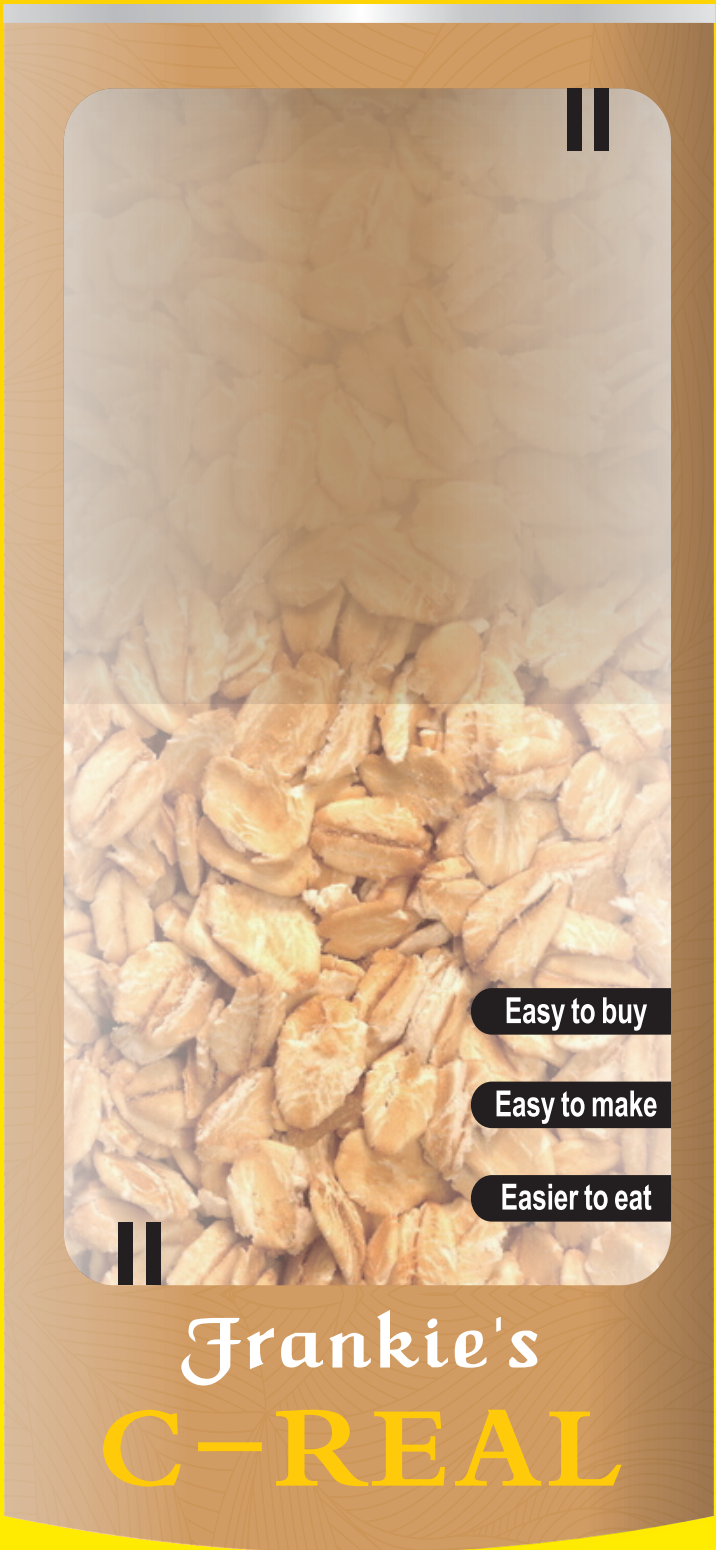


*Das Frühstück der Champions*  
*C-Real*

*Famous for its good taste, Vitamin C everyday!*  
*C-Real*



Nutrition Facts					
Serving Size 1 cup(35g)					
Servings Per Container 10					
Amount Per Serving	Cereal		Cereal with 1/2cup Skim Milk		
<b>Calories</b>	130		170		
Calories from Fat	0		0		
% Daily Value**					
<b>Total Fat</b> 0g*	0%		0%		
Saturated Fat 0g	0%		0%		
Trans Fat 0g	0%		0%		
<b>Cholesterol</b> 0mg	0%		0%		
<b>Sodium</b> 200mg	0%		11%		
<b>Total</b>					
Carbohydrate 30mg	10%		12%		
Dietary Fiber 4g	10%		16%		
Sugars 18g					
<b>Protein</b> 3g					
Vitamin A	25%		25%		
Vitamin C	25%		25%		
Calcium	0%		15%		
Iron	10%		10%		
*Amount in Ceresl One half cup shim milk contitwtwes an additional 40calories, 66mg sodium, 6g total cartohydrates (6 g sugars), and 4g protein.					
**Percent Daily Values are based on a 2 000 calorie diet Your dailyualues may be higher orlower depending on your calorie needs.					
	Calonies:	2,000	2,500		
Total fat	Less than	65g	80g		
Sat Fat	Less than	20g	25g		
Choleste nol	Less than	300mg	300mg		
Sodi um	Less than	2,400mg	2,400mg		
Total Carbohyd rate		300g	375g		
Dietary Eber		25g	30g		
Calories pergram: Fat 9 ,Carbohydrate 4,prootein4					

Amount Per Serving	Cereal	Cereal with 1/2cup Skim Milk
-----------------------	--------	------------------------------------

	% Daily Value**	
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g	<b>0%</b>	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 200mg	<b>0%</b>	<b>11%</b>
<b>Total</b>		
Carbohydrate 30mg	<b>10%</b>	<b>12%</b>
Dietary Fiber 4g	<b>10%</b>	<b>16%</b>
Sugars 18g		
<b>Protein</b> 3g		

\*Amountin Ceresl,One half cup shim milk oontitwtes an additional 40calonies, 66mg sodium, 6g total cartohydrates (6 g sugars), and 4g protein.

	Colonies:	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