



Nutrition Specifications



Products on this list contain NO ARTIFICIAL SWEETENERS

REVISED
03/29/13

Version	Made with Whole Grains Claim OK	Grams of Whole Grain Per Serving	% Whole Grain	Total Grams of All Grains Per Serving	≤ 150 Calories Per Serving	≤ 35% Calories from Fat	≤ 10% Calories from Saturated Fat	≤ 35% Sugar by Weight	Dg Trans Fat Per Serving	Shelf Life reported in months	Allergens present	Kosher Symbol	Serving Size				Per Serving																			
													ounces	grams	measure	calories	carbohydrate exch.	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	potassium (mg)	total carbohydrate (g)	total dietary fiber (g)	sugars (g)	protein (g)	vitamin A (IU)	vitamin C (mg)	calcium (mg)	iron (mg)	vitamin D (IU)	vitamin E (IU)	thiamin (mg)	riboflavin (mg)

Small Bowls - Malt-O-Meal® Brand



Apple Zings®	7.0		2	18	11	X	X	X	X	12	wheat, soy	Circle-U	0.75	21.2	1 Bowl	80	1.5	5	0.5	0	0	0	100	20	19	0	10	1	300	3.6	60	6.3	24	--	0.22	0.25	3	0.3	0.14	0.9	--	--	2.2	--	
Berry Colossal Crunch®	9.0		2	14	14	X	X	X	X	9	wheat, soy	Circle-U	1.00	28.0	1 Bowl	110	1.5	10	1.5	0.5	0	0	200	30	24	<1	12	1	500	6	0	9.0	40	--	0.37	0.42	5	0.5	0.20	1.5	--	--	3.7	--	
Blueberry Muffin Tops®	5.0	X	10	69	14.5	X	X	X	X	10	wheat, soy	Circle-UD*	1.00	28.0	1 Bowl	120	1.5	30	3.5	0.5	0	0	130	40	22	<1	9	1	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.20	1.5	--	--	3.7	--	
Cinnamon Toasters®	6.0	X	9	64	14	X	X	X	X	10	wheat, soy	Circle-UD*	1.00	28.0	1 Bowl	120	1.5	30	3.5	0.5	0	0	130	40	22	<1	9	1	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.20	1.5	--	--	3.7	--	
Coco-Roos®	9.0		2	22	9	X	X	X	X	10	wheat, soy	Circle-U	0.87	24.0	1 Bowl	100	1.5	10	1.0	0	0	0	110	60	21	0	12	1	400	4.8	80	7.2	32	--	0.30	0.34	4	0.4	0.16	1.2	--	--	3.0	--	
Corn Flakes	4.1		0	0	19	X	X	X	X	12	wheat, soy	Circle-U	0.75	21.2	1 Bowl	80	1.0	5	0	0	0	0	210	20	18	<1	2	2	300	3.6	0	6.3	24	--	0.22	0.25	3	0.3	0.28	0.9	--	--	2.2	--	
Crispy Rice	10.0		0	0	15.5	X	X	X	X	12	none	Circle-U	0.63	17.7	1 Bowl	70	1.0	0	0	0	0	0	160	20	16	0	2	1	200	2.4	0	4.5	16	--	0.15	0.17	2	0.2	0.20	0.6	--	--	1.5	--	
Frosted Flakes	3.4		0	0	16.5	X	X	X	X	12	wheat, soy	Circle-U	1.00	28.0	1 Bowl	110	2.0	0	0	0	0	0	160	15	25	1	11	1	750	15	0	4.5	40	--	0.75	0.85	9	0.9	0.08	1.5	--	--	--	--	
Honey Graham Squares®	6.1		7	50	14	X	X	X	X	10	wheat, soy	Circle-UD*	1.00	28.0	1 Bowl	120	1.5	25	3.0	0	0	0	250	45	24	1	9	1	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.20	1.5	--	--	3.7	--	
Honey Nut Scooters®	5.1	X	11	69	16	X	X	X	X	10	wheat	Circle-U	1.00	28.0	1 Bowl	100	1.5	10	1.0	0	0	0	200	65	23	2	9	2	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.20	1.5	80	--	--	3.7	--
Oat Blenders® with Honey	5.0	X	9	43	21	X	X	X	X	12	wheat, soy	Circle-UD*	1.00	28.0	1 Bowl	110	1.5	10	1.0	0	0	0	140	55	24	2	6	2	500	6	0	8.1	40	--	0.37	0.42	5	0.5	0.20	1.5	60	16	3.7	0.04	
Marshmallow Mateys®	5.2	X	13	100	13	X	X	X	X	9	wheat	No	1.00	28.0	1 Bowl	110	1.5	10	1.0	0	0	0	190	55	24	1	12	2	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.20	1.5	--	--	3.7	--	
Mateys®	1.0	X	16	100	16	X	X	X	X	9	wheat	No	1.00	28.0	1 Bowl	110	1.5	10	1.0	0	0	0	240	65	23	2	9	2	500	6	100	10.8	40	--	0.45	0.51	6	0.6	0.24	1.8	--	--	4.5	--	
Raisin Bran	5.2	X	16	76	21	X	X	X	X	12	wheat	Circle-U	1.25	35.0	1 Bowl	130	2.0	5	0.5	0	0	0	210	220	28	4	12	3	300	0	0	5.4	24	--	0.22	0.25	3	0.3	0.12	0.9	--	--	2.2	--	
Toasty O's®	9.1	X	14	72	19.5	X	X	X	X	8	wheat	Circle-U	0.88	24.8	1 Bowl	100	1.0	15	1.5	0	0	0	120	90	18	2	<1	3	400	4.8	80	10.8	32	--	0.30	0.42	5	0.4	0.16	1.2	100	32	3.7	--	
Tootie Fruities®	7.0		3	27	11	X	X	X	X	12	wheat, soy	Circle-U	0.75	21.2	1 Bowl	90	1.5	5	0.5	0	0	0	100	25	19	<1	10	1	300	3.6	60	5.4	24	--	0.22	0.25	3	0.3	0.12	0.9	--	--	2.2	--	

Large Bowls - Malt-O-Meal® Brand



Cinnamon Toasters®	6.0	X	19	67	29	X	X	X	X	10	wheat, soy	Circle-UD*	2.00	57.0	1 Bowl	250	3.0	60	7.0	1	1	0	270	85	46	2	19	2	750	9	150	16.2	60	--	0.67	0.76	9	0.9	0.36	2.7	--	--	6.7	--
Crispy Rice	10.0		0	0	35	X	X	X	X	12	none	Circle-U	1.41	40.0	1 Bowl	150	2.5	5	0	0	0	0	350	45	35	0	4	2	500	6	0	10.8	40	--	0.45	0.51	6	0.6	0.48	1.8	--	--	4.5	--
Frosted Flakes	3.4		0	0	33	X	X	X	X	12	wheat, soy	Circle-U	2.00	56.0	1 Bowl	220	3.5	0	0	0	0	0	320	30	50	1	22	3	1250	27	0	8.1	80	--	1.35	1.53	18	1.8	0.16	2.7	--	--	--	--
Frosted Mini Spooners®	5.0	X	45	100	45	X	X	X	X	12	wheat	No	2.00	57.0	1 Bowl	200	3.0	10	1.0	0	0	0	10	190	46	6	11	5	0	0	0	16.2	--	--	0.37	0.42	5	0.5	0.40	1.5	--	--	3.7	--
Honey Graham Squares®	6.1	X	13	46	28	X	X	X	X	10	wheat, soy	Circle-UD*	2.00	56.0	1 Bowl	240	3.0	50	6.0	0.5	0.5	0	500	95	48	2	18	2	1000	12	200	16.2	80	--	0.60	0.68	8	0.8	0.36	2.4	--	--	6.0	--
Honey Nut Scooters®	5.1	X	22	85	26	X	X	X	X	10	wheat	Circle-U	2.00	56.0	1 Bowl	200	3.0	20	2.0	0	0	0	400	130	46	3	19	4	750	9	150	16.2	60	--	0.67	0.76	9	0.9	0.36	2.7	200	--	6.7	--
Marshmallow Mateys®	5.2	X	25	96	26	X	X	X	X	9	wheat	No	2.00	56.0	1 Bowl	220	3.0	20	2.0	0	0	0	280	110	48	2	24	4	1000	12	200	18.0	80	--	0.75	0.85	10	1.0	0.36	3.0	--	--	7.5	--
Raisin Bran	5.2	X	27	79	34	X	X	X	X	12	wheat	Circle-U	2.00	57.0	1 Bowl	220	3.0	10	1.5	0	0	0	340	370	48	6	20	5	500	0	20	9.0	40	--	0.37	0.42	5	0.5	0.20	1.5	--	--	3.7	--
Toasty O's®	9.0	X	23	74	31	X	X	X	X	8	wheat	Circle-U	1.38	39.0	1 Bowl	160	2.0	20	3.0	0	0	0	180	130	28	4	1	5	500	6	100	18.0	40	--	0.45	0.76	9	0.6	0.24	1.8	150	40	6.7	--
Tootie Fruities®	7.0		5	23	22	X	X	X	X	12	wheat, soy	Circle-U	1.50	42.0	1 Bowl	170	2.5	10	1.5	0	0	0	200	50	37	1	19	2	500	6	100	10.8	40	--	0.45	0.51	6	0.6	0.24	1.8	--	--	4.5	--

BULK Ready-To-Eat Cereals - Malt-O-Meal® Brand



Apple Zings®	7.0		4	23	17	X	X	X	X	12	wheat, soy	Circle-U	1.1	33	1 cup	130	2.0	5	1.0	0	0	0	150	35	30	1	16	1	500	6	100	9	40	--	0.37	0.42	5	0.5	0.2	1.5	20	8	3.7	0.04
Berry Colossal Crunch®	9.0		2	13	15.0	X	X	X	X	9	wheat, soy	Circle-U	1.0	30	¾ cup	120	2.0	15	1.5	0.5	0	0	210	30	26	<1	13	1	500	6	0	9.0	40	--	0.37	0.42	5	0.5	0.2	1.5	--	--	3.7	--
Blueberry Muffin Tops®	5.0	X	10	64	15.5	X	X	X	X	10	wheat, soy	Circle-UD*	1.0	30	¾ cup	130	1.5	30	3.5	0.5	0	0	140	45	24	1	10	1	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.2	1.5	80	8	3.7	0.04
Cinnamon Granola	5.0	X	9	69	13	X	X	X	X	10	wheat, soy	Circle-UD*	0.77	22	¾ cup	90	1.0	15	1.5	0	0	0	25	--	17	1	6	2	0	0	20	0.7	0	--	0.06	0.03	0	0	0	--	--	--	--	
Cinnamon Toasters®	6.0	X	10	66	15	X	X	X	X	10	wheat, soy	Circle-UD*	1.0	30	¾ cup	130	1.5	30	3.5	0.5	0	0	140	45	24																			



Nutrition Specifications



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03/29/13

Products on this list contain NO ARTIFICIAL SWEETENERS

Version	Made with Whole Grains Claim OK	Grams of Whole Grain Per Serving	% Whole Grain	Total Grams of All Grains Per Serving	≤ 150 Calories Per Serving	≤ 35% Calories from Fat	≤ 10% Calories from Saturated Fat	Dg Trans Fat Per Serving	Shelf Life reported in months	Allergens present	Kosher Symbol	Serving Size				Per Serving															
												ounces	grams	measure	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	potassium (mg)	total carbohydrate (g)	total dietary fiber (g)	sugars (g)	protein (g)	vitamin A (IU)	vitamin C (mg)	calcium (mg)	iron (mg)	vitamin D (IU)

BULK Ready-To-Eat Cereals - Malt-O-Meal® Brand *continued*



Fruity Dyno-Bites®	3.0		0	0	15	X	X	X	X	12	none	Circle-U	0.9	27	¼ cup	110	1.5	5	0.5	0	0	0	170	20	24	0	11	1	750	0	0	1.8	40	--	0.37	0.42	5	0.5	0.1	1.5	--	--	1.5	--
Golden Puffs®	7.0		0	0	10	X	X	X	X	12	wheat, soy	Circle-U	0.9	27	¼ cup	110	1.5	0	0	0	0	0	65	45	24	0	15	2	500	6	0	1.8	40	--	0.37	0.42	5	0.5	0.2	1.5	40	16	1.5	0.04
Oat Blenders with Almonds®	5.0	X	10	45	22	X	X	X	X	12	almonds, wheat, soy	Circle-UD*	1.0	30	¼ cup	120	1.5	15	1.5	0	0	0	150	60	25	2	6	2	500	6	0	8.6	40	--	0.37	0.42	5	0.5	0.2	1.5	40	8	3.7	0.04
Oat Blenders® with Honey	5.0	X	10	43	23	X	X	X	X	12	wheat, soy	Circle-UD*	1.0	30	¼ cup	120	1.5	15	1.5	0	0	0	150	60	25	2	6	2	500	6	0	8.6	40	--	0.37	0.42	5	0.5	0.2	1.5	40	8	3.7	0.04
Honey Buzzers®	3.0		4	25	16	X	X	X	X	12	wheat	Circle-U	1.0	29	1½ cup	110	2.0	5	0.5	0	0	0	220	35	26	1	11	1	500	6	0	9.0	40	--	0.37	0.42	5	0.5	0.2	1.5	20	8	3.7	--
Honey Graham Squares®	6.1		7	47	15	X	X	X	X	10	wheat, soy	Circle-UD*	1.0	30	¾ cup	130	1.5	25	3.0	0.5	0	0	270	50	25	1	10	1	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.2	1.5	100	8	3.7	--
Honey Nut Scooters®	5.1	X	12	75	16	X	X	X	X	10	wheat	Circle-U	1.0	30	1 cup	110	1.5	10	1.0	0	0	0	210	70	24	2	10	2	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.2	1.5	100	--	3.7	--
Marshmallow Mateys®	5.2	X	13	100	13	X	X	X	X	9	wheat	No	1.0	30	1 cup	120	1.5	10	1.0	0	0	0	200	60	25	1	13	2	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.2	1.5	--	--	3.7	--
Raisin Bran	5.2	X	28	80	35	X	X	X	X	12	wheat	Circle-U	2.1	59	1 cup	220	3.0	10	1.5	0	0	0	340	380	45	6	20	5	500	0	20	9.0	40	--	0.37	0.42	5	0.5	0.2	1.5	250	80	3.7	0.30
Toasty O's®	9.0	X	18	75	24	X	X	X	X	8	wheat	Circle-U	1.0	30	1 cup	120	1.5	15	2.0	0	0	0	140	100	22	3	1	4	500	6	100	14.4	40	--	0.37	0.59	7	0.5	0.2	1.5	150	32	5.2	0.08
Tootie Fruities®	7.0		4	24	17	X	X	X	X	12	wheat, soy	Circle-U	1.1	32	1 cup	130	2.0	10	1.0	0	0	0	150	35	28	1	15	2	500	6	100	9.0	40	--	0.37	0.42	5	0.5	0.2	1.5	20	8	3.7	--

Hot Wheat Cereals



Chocolate flavor	4.1		0	0	27	X	X	X	X	15	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	0	0	0	0	0	85	27	1	7	4	0	0	100	10.8	--	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--
Maple Brown Sugar flavor	5.2		0	0	37	X	X	X	X	15	wheat, soy	Pareve	1.5	45	3T dry	170	2.5	0	0	0	0	0	65	37	1	13	4	0	0	100	10.8	--	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--
Original	4.1		0	0	34.5	X	X	X	X	24	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	5	0.5	0	0	0	40	27	1	0	5	0	0	100	10.8	--	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--
Farina	4.1		0	0	34.5	X	X	X	X	24	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	0	0	0	0	0	35	27	1	0	4	0	0	100	10.8	--	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--
Natural Farina	1.0		0	0	34.5	X	X	X	X	24	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	0	0	0	0	0	35	27	1	0	4	0	0	100	10.8	--	--	0.07	0	0	0	0	--	60	--	--	--
Farina Mills	4.1		0	0	34.5	X	X	X	X	24	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	0	0	0	0	0	35	27	1	0	4	0	0	100	10.8	--	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--

Oatmeal Products - Hearty Traditions



Instant Variety Pack:																																													
-Regular Flavor Instant Oatmeal	2.1	X	27	100	27	X	X	X	X	18	none	Pareve	1.0	28	1 packet	100	1.0	15	2.0	0	0	0	90	--	19	3	0	4	1000	0	100	8.1	--	--	0.30	0.34	4	0.4	0.08	--	100	--	--	--	
-Maple & Brown Sugar Oatmeal	3.0	X	28	100	28	X	X	X	X	18	none	Pareve	1.5	43	1 packet	160	2.0	20	2.0	0	0	0	240	--	33	3	13	4	1000	0	100	3.6	--	--	0.30	0.34	4	0.4	0.08	--	100	--	--	--	
-Apples & Cinnamon Oatmeal	3.2	X	18	100	18	X	X	X	X	18	none	Pareve	1.2	35	1 packet	130	2.0	15	1.5	0	0	0	170	--	27	3	11	3	1000	0	100	3.6	--	--	0.30	0.34	4	0.4	0.08	--	100	--	--	--	
Oatmeal - HeartyTraditions Quick	2.1	X	40	100	40	X	X	X	X	18	none	Pareve	1.4	40	½ cup dry	150	2.0	25	3.0	0.5	0	0	0	--	27	4	<1	5	0	0	1.8	--	--	--	--	--	--	--	--	--	--	--	--	--	
Oatmeal - HeartyTraditions Old Fashioned	2.1	X	40	100	40	X	X	X	X	18	none	Pareve	1.4	40	½ cup dry	150	2.0	25	3.0	0.5	0	0	0	--	27	4	<1	5	0	0	1.8	--	--	--	--	--	--	--	--	--	--	--	--	--	

Ready-To-Eat Cereals - MOMS BEST Brand



Blue Pom Wheat-fuls®	8.3	X	44	100	44	X	X	X	X	8	wheat	No	2.0	55	1 cup	210	2.5	10	1.0	0	0	0	10	180	45	6	11	5	0	0	20	1.8	0	6	0.15	0.06	3.0	0.16	0.016	0.12	150	40	1.5	0.20	
Crispy Cocoa Rice™	3.1		0	0	14.5	X	X	X	X	12	NA	Circle-U	1.0	29	¾ cup	120	2.0	10	1.0	1	0	0	150	55	26	0	13	1	0	0	0	1.8	0	--	0.03	0.03	0.4	0	0	0	0	40	8	1.5	0.08
Honey-ful Wheat®	2.1		0	0	10	X	X	X	X	12	wheat, soy	Circle-U	0.9	27	¾ cup	110	1.5	0	0	0	0	65	45	24	0	15	2	0	0	0	1.0	0	--	0.06	0.03	1.2	0.08	0.008	0	20	16	0.6	0.04		
Mallow Oats®	1.5	X	13	100	13	X	X	X	X	9	wheat	No	1.0	30	1 cup	120	1.5	0	1.0	0	0	0	200	60	24	1	13	2	0	0	100	0.7	0	--	0.12	0.03	0	0	0.008	0	--	--	0.3	--	
Natural Honey Grahams®	4.2		7	47	15	X	X	X	X	8	wheat, soy	Circle-Uo	1.0	30	¾ cup	130	1.5	25	3.0	0	0	0	270	50	25	1	10	1	0	0	100	0.36	0	--	0.03	0	0.4	0	0	0	100	8	0	--	
Natural Honey Nut Toasty O's®	2.2	X	12	75	16	X	X	X	X	10	wheat	Circle-U	1.0	30	1 cup	110	1.5	10	1.0	0	0	0	210	70	24	2	10	2	0	0	100	0.7	0	--	0.12	0.03	0.4	0	0.008	0	100	24	--	--	
Natural Raisin Bran	4.4	X	27	77	35	X	X	X	X	12	wheat	Circle-U	2.1	59	1 cup	220	3.0	15	1.5	0	0	0	340	380	45	6	20	5	100	3.6	20	1.0	0	--	0	0.03	0.4	0.04	0.008	0	150	60	0.9	0.12	
Oats & Honey Blend®	6.0	X	10	43	23	X	X	X	X	12	wheat, soy	Circle-UD*	1.0	30	¾ cup	120	1.5	15	1.5	0	0	0	150	60	25	2	6	2	0	0	0	3.6	0	--	0.03	0.10	1.2	0.12	0	0	40	8	0.3	0.04	
Sweetened Wheat-fuls®	3.2	X	44	100	44	X	X	X	X	8	w																																		