

Nutrition Facts

About X servings per container
Serving size 1 cup (36g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber less than 1g	2%
Total Sugars 12g	
Incl. 12g Added Sugars	25%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 2.7mg	15%
Potassium 60mg	0%
Vitamin A	50%
Thiamin	30%
Riboflavin	40%
Niacin	30%
Vitamin B ₆	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B ₁₂	80%
Zinc	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rice, Sugar, Canola and/or Soybean Oil, Cocoa (processed with alkali), Salt, Contains 1% or less of: Caramel Color, Natural and Artificial Flavor, BHT added to preserve freshness.

Vitamins and Minerals: Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

August 2024

Post Consumer Brands

Cocoa Pebbles™ Cereal

Nutrition Facts

About X servings per container

Serving size 1 cup (36g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 31g 11%

Dietary Fiber 0g 0%

Total Sugars 12g

Incl. 12g Added Sugars 25%

Protein 1g

Vitamin D 2mcg 10%

Calcium 0mg 0%

Iron 1mg 6%

Potassium 20mg 0%

Vitamin A 50%

Vitamin C 10%

Thiamin 35%

Riboflavin 40%

Niacin 40%

Vitamin B₆ 25%

Folate 240mcg DFE 60%
(140mcg folic acid)

Vitamin B₁₂ 80%

Zinc 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rice, Sugar, Canola and/or Soybean Oil, Salt, Contains 1% or less of: Natural and Artificial Flavor, Red 40, Yellow 6, Yellow 5, Blue 1, Turmeric Oleoresin (color). BHT and BHA added to preserve freshness.

Vitamins and Minerals: Sodium Ascorbate and Ascorbic Acid (Vitamin C), Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

Post Consumer Brands

Fruity Pebbles™ Cereal

Nutrition Facts

About X servings per Container
Serving size 1 cup (36g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 12g	
Incl. 12g Added Sugars	25%
Protein 1g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 20mg	0%
Vitamin A	50%
Vitamin C	20%
Thiamin	35%
Riboflavin	45%
Niacin	45%
Vitamin B ₆	40%
Folate 240mcg DFE (145mcg folic acid)	60%
Vitamin B ₁₂	90%
Zinc	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rice, Sugar, Canola and/or Soybean Oil, Contains 2% or less of: Salt, Red 40, Natural Flavor, Blue 1.

Vitamins and Minerals: Niacinamide (Vitamin B3), Sodium Ascorbate (Vitamin C), Vitamin A Palmitate, Reduced Iron, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin D3, Folic Acid, Vitamin B12.

Post Consumer Brands

Berry Pebbles™ Cereal

Nutrition Facts

About X servings per container

Serving size 1 3/4 cup (40g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 35g **13%**

Dietary Fiber 1g **4%**

Total Sugars 13g

Incl. 12g Added Sugars **25%**

Protein 2g

Vitamin D 2mcg 10%

Calcium 0mg 0%

Iron 2.7mg 15%

Potassium 60mg 0%

Vitamin A 50%

Thiamin 50%

Riboflavin 45%

Niacin 45%

Vitamin B6 45%

Folate 400mcg DFE 100%
(240mcg folic acid)

Vitamin B12 100%

Phosphorus 4%

Zinc 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Corn Flour, Sugar, Whole Grain Oat Flour, Whole Grain Corn Flour, Honey, Salt, Natural Flavor, Yellow 5, Wheat Starch. BHT added to preserve freshness.

Vitamins and Minerals: Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

CONTAINS WHEAT.

Post Consumer Brands

Honeycomb® Cereal