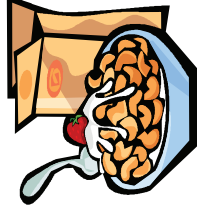


Compare the labels

Apple Os



GrainStore

Nutrition Facts

Serving size 1 cup
Servings per container 13

Amount per serving Cereal
Calories 130
Calories from fat 5

% Daily Value

Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fats 0g
Cholesterol 0g 0%
Sodium 130mg 5%

Potassium 30mg 1%
Total Carbohydrates 30g 5%
Dietary Fiber less than 1g
Sugars 16g
Protein 1g

Ingredients: Sugar, Corn Flour, Wheat Flour, Oat Flour, High Fructose Corn Syrup, Salt Milled Corn, Apple Juice Concentrate, Dried Apples, Cinnamon, Modified Corn Starch, Sodium Ascorbate and Ascorbic Acid (Vitamin C), Calcium Phosphate, Yellow No. 6, Niacinamide, Reduced Iron, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Baking Soda, Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Red No. 40, Turmeric Color, Vitamin A Palmitate, BHT, Blue No. 1, Folic Acid, Vitamin B12, and Vitamin D.

Nutrition Facts

Serving size 1 cup
Servings per container 13

Amount per serving Cereal
Calories 160
Calories from fat 10

% Daily Value

Total Fat 2g 2%
Saturated Fat 0g 0%
Trans Fats 0g
Cholesterol 0g 0%
Sodium 250mg 10%

Potassium 380mg 10%
Total Carbohydrates 48g 5%
Dietary Fiber 16g
Sugars 10g
Protein 6g

Ingredients: Organic Wheat Bran, Organic Whole Wheat, Organic Oat Hull Fiber, Organic Dehydrated Cane Juice, Organic Rolled Oats, Organic Corn Meal, Organic Barley Malt Extract, Organic Oat Bran, Sea Salt, Baking Soda, Annatto.