Product Name	Frosted Flakes Multigrain for Schools
Flavor Descriptor	
NLI Description	SSB
Brand	**Kellogg's**

Date Created	01/02/18
NLI #	14465
Kosher Status	OU Pareve
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	12 g

Serving Size	1 Container							
Serving Size g	28							
Serving Size oz								
Amount Per Serving	Cereal							
Calories	100							
Calories from Fat	0							
			% Daily Value*				% Daily Value*	
Total Fat	0	g	0	%				%
Saturated Fat	0	g	0	%				%
Trans Fat	0	g						
Polyunsaturated Fat								
Monounsaturated Fat								
Cholesterol	0	mg	0	%				%
Sodium	170	mg	7	%				%
Potassium				%				%
Total Carbohydrate	24	g	8	%				%
Dietary Fiber	2	g	9	%				%
Soluble Fiber								
Insolube Fiber								
Sugars	7	g						
Sugar Alcohol								
Other Carbohydrate								
Protein	2	g		%				%
Vitamin A			10	%				%
Vitamin C			25	%				%
Calcium			0	%				%
Iron			25	%				%
Vitamin D			10	%				%
Vitamin E				%				%
Vitamin K				%				%
Thiamin			25	%				%
Riboflavin			25	%				%
Niacin			25	%				%
Vitamin B6			25	%				%
Folic Acid			25	%				%
Vitamin B12			25	%				%
Biotin				%				%
Pantothenic Acid				%				%
Phosphorus				%				%
Iodine				%				%
Magnesium				%				%
Zinc				%				%
Selenium				%				%
Copper				%				%
Manganese				%				%
Chromium				%				%
Molybdenum				%				%

Ingredients:

Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, malt flavor.

Vitamins and Minerals: Vitamin C (ascorbic acid), niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin B12, vitamin D3.

ALLERGEN INFORMATION:

CONTAINS WHEAT INGREDIENTS.

CORN USED IN THIS PRODUCT MAY CONTAIN TRACES OF SOYBEANS.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 ● Carbohydrate 4 ● Protein 4

Product information can change at any time.
Always refer to product package for current nutrition and ingredient information.

Julia M. Jursinic, MS
Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

Nutrient Contents Per 100g			
Calories	360	Vitamin D	143 IU
Calories from fat	12	Vitamin E	0 IU
Total Fat	1.3 g	Vitamin K	NA mcg
Saturated Fat	0.3 g	Thiamin	1.34 mg
Polyunsaturated Fat	0.8 g	Riboflavin	1.52 mg
Monounsaturated Fat	0.2 g	Niacin	17.9 mg
Trans Fat	0.0 g	Vitamin B6	1.79 mg
Cholesterol	0 mg	Folic Acid	357 mcg
Sodium	597 mg	Vitamin B12	5.4 mcg
Potassium	279 mg	Biotin	NA mcg
Total Carbohydrate	86.6 g	Pantothenic Acid	NA mg
Dietary Fiber	8.0 g	Phosphorus	270 mg
Soluble Fiber	0.6 g	Iodine	NA mcg
Insoluble Fiber	7.3 g	Magnesium	85 mg
Sugars	24.4 g	Zinc	2.3 mg
Sugar Alcohols	NA g	Selenium	NA mcg
Protein	7.7 g	Copper	NA mg
Vitamin A	1786 IU	Manganese	NA mg
Vitamin C	54 mg	Chromium	NA mcg
Calcium	19.7 mg	Molybdenum	NA mcg
Iron	16.1 mg	Moisture	3.0 %
NA = values do not exist or are incomplete.		Ash	1.4 %

GTIN/UPC Code	Type of Package	Net Weight	Servings/ Container
00038000549984	Case		
00038000550034	Container	1oz (28g)	1
00038000510915	Case		

Information presented in this document applies to products intended for US consumers only.

Note: This document is for technical use only. Please refer to packaging or sales materials for correct trademark usage.