



## Gluten can be found in wheat, oats, rye, barley (malt)



**Oats & Honey**

**INGREDIENTS:** RICE, GRANOLA BAR PIECES (WHOLE GRAIN OATS, SUGAR, CRISP RICE [RICE FLOUR, SUGAR, MALT EXTRACT, SALT, CANOLA OIL, SOY LECITHIN], CANOLA OIL, HONEY, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, NATURAL FLAVOR, WHEAT FLOUR), SUGAR, WHOLE GRAIN OATS, WHOLE GRAIN WHEAT, WHOLE GRAIN CORN, BROWN SUGAR SYRUP, WHEAT BRAN, CORN BRAN, BARLEY MALT EXTRACT, HONEY, CANOLA OIL, CINNAMON, SALT, ANNATTO EXTRACT COLOR, NATURAL FLAVOR, NONFAT MILK, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. **CONTAINS SOY, WHEAT AND MILK INGREDIENTS.**

DISTRIBUTED BY  
**General Mills Cereals, LLC**  
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This package is sold by weight and by volume. The net is stated if gross weight even though some netting of contents normally occurs during shipment and handling.

**Nutrition Facts**  
 Serving Size 1 cup (58g)  
 Servings Per Container about 7

Amount Per Serving	Nature Valley	with Crunchy skim milk
<b>Calories</b>	230	270
Calories from Fat	25	25
<b>% Daily Value**</b>		
<b>Total Fat</b> 3g <sup>†</sup>	5%	5%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 220mg	9%	12%
<b>Potassium</b> 115mg	3%	9%
<b>Total Carbohydrate</b> 48g	16%	18%
Dietary Fiber 4g	15%	15%
Sugars 16g		
Other Carbohydrate 28g		
<b>Protein</b> 4g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	4%	4%

<sup>†</sup>Amount in cereal. A serving of cereal plus skim milk provides 3g total fat, less than 5mg cholesterol, 290mg sodium, 320mg potassium, 54g total carbohydrate (22g sugars) and 9g protein.

\*\*Percent Daily Values are based on a diet of other people's misdeeds.

	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

Look for gluten in the Ingredients statement or in the Contains statement.