

Nutrition Facts		Cereal with	
Serving Size 3/4 cup (29g)		Cereal 1/2 cup	
Servings Per Container about 13		Fat Free 150	
Amount Per Serving		Cereal	Fat Free 150
Calories	120		
Calories from Fat	10		
			% Daily Value*
Total Fat 1.5g	2%		2%
Saturated Fat 1g	5%		5%
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%		0%
Sodium 180mg	8%		10%
Potassium 50mg	1%		7%
Total Carbohydrate 25g	8%		10%
Dietary Fiber 0g	0%		0%
Sugars 12g			
Other Carbohydrate 13g			
Protein 1g			
Vitamin A	15%	20%	
Vitamin C	0%	0%	
Calcium	0%	15%	
Iron	10%	10%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	25%	
Niacin	25%	25%	
Vitamin B6	25%	25%	
Folic Acid	25%	25%	
Vitamin B12	25%	25%	
Phosphorus	2%	15%	
Zinc	10%	15%	
Copper	2%	2%	

Be a label reader

The Nutrition Facts label can help you eat healthier — use labels to find products that match your nutrition goals or identify food allergens.

INGREDIENTS: CORN, SUGAR, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), CORN SYRUP, SALT, CARAMEL COLOR, ARTIFICIAL AND NATURAL FLAVOR, BHA (TO HELP PROTECT FLAVOR). VITAMINS AND MINERALS: NIACINAMIDE (B VITAMIN), REDUCED IRON, ZINC OXIDE (SOURCE OF ZINC), VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID (B VITAMIN), VITAMIN B12, VITAMIN D.

Ingredients are listed in order by the amount in the product.

Consumer smarts



Pepperoni Pizza 16" **\$6.00**
pizzeria taste without the pizzeria price

3 day stock-up SALE

Produce Specials

Green Seedless Grapes **99¢** per lb.

Lettuce **97¢** head

Family Pack, 80% Lean, Fresh Ground Beef **\$1.59** per lb.

Fresh Broccoli **\$1.19** bunch

Shop the ads

Build your grocery list from the sale ads.

Watch the scanner

Stop the checkout process if an item shows the incorrect price.



Don't shop on an empty stomach

Fill up yourself ... before you fill up your grocery cart.



Shop once a week

Cook once — make multiple meals.



Fruits and vegetables

Buy fresh produce in season and get more nutrition for your money!



Choose whole-grain foods and low-fat milk products.



Meat and poultry choices should be lean or low-fat.



Fish, nuts and seeds contain healthy oils, so choose these frequently!



Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

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