

Post Consumer Brands
Tootie Fruities
Bowl Pack

Sweetened Multi-Grain Cereal with Natural
Fruit Flavors



Natural fruity flavors

Brand		Manufacturer		Product Category		
Malt O Meal Bowl Pack		Post Consumer Brands		Cold Cereal Single Serve		
MFG #	GTIN		Pack	Pack Desc.		
01315	10042400013157		96	96/0.75 oz		
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
7.17 lbs	4.50 lbs	United States of America		Yes		
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.56 inches	13.00 inches	14.38 inches	1.79 cu ft	9x3	365	32.00 / 95.00 FAH

INGREDIENTS

Ingredients: Sugar, Corn Flour, Wheat Flour, Whole Grain Oat Flour, Corn Syrup, Salt, Contains 1% Or Less Of: Calcium Carbonate, Natural Flavor, Red 40, Yellow 6, Yellow 5, Blue 1. Bht Added To Preserve Freshness. Vitamins And Minerals: Ferric Orthophosphate (source Of Iron), Niacinamide (vitamin B3), Zinc Oxide (source Of Zinc), Thiamin Mononitrate (vitamin B1), Calcium Pantothenate (vitamin B5), Pyridoxine Hydrochloride (vitamin B6), Folic Acid. Contains Wheat.

HANDLING

Dry

SERVING

serve with fruit and/or milk

PREP & COOKING

Add milk

Nutrition Facts

96 servings per container

Serving size 1

Amount Per Serving
Calories 80

% Daily Value*

Total Fat 0.5gr 1

Saturated Fat 0gr 0%

Trans Fat 0gr 0%

Cholesterol 0mg 0

Sodium 95mg 4%

Total Carbohydrate 18gr 7

Dietary Fiber 0gr 0%

Total Sugars 9gr 0%

Includes 9 Added Sugars %

Protein 1gr

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 2.7mg 15%

Potassium 0mg 0%

* 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.

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

ALLERGENS

Free From

Milk, Eggs, Fish, Crustacean, Tree Nuts, Peanuts, Nuts, Sesame, Soy

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NUTRITION ANALYSIS

Calories	80	Total Fat	0.5 gr	Sodium	95 mg
Protein	1 gr	Trans Fats	0 gr	Calcium	52 mg
Total Carbohydrates	18 gr	Saturated Fat	0 gr	Iron	2.7 mg
Sugars	9 gr	TPolyunsaturated Fat	0	Potassium	0 mg
Dietary Fiber	0 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0	Vitamin D	0 mcg	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0

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