

Kellogg's Total Assortments Cereal Wellness 2.2oz 60ct

Dot #: 423263
Mfr #: 3800018315
GTIN: 00038000183157
Supplier: Kellogg Company US
Description: Kellogg's Total Assortments Cereal
Wellness 2.2oz 60ct

Product Information

Classification: Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD): 13.62 x 11.69 x 20.5 Inch
Weight Gross / Net: 13.03 Pound / 9.39 Pound
Origin: (US) UNITED STATES
Storage Temperature: 35° to 85°
Pallet Configuration: Ti:8 Hi:3

Features and Benefits (Case GTIN: 00038000183157)

Features: A nutritious way to start the day, Kellogg's Cereals are a delicious part of a balanced breakfast; This variety pack has a cereal to please every customer; Cereal cups allow customers to add their favorite milk and enjoy, or take it on the go. The Wellness Assortment includes cups of Kellogg's Special K Assorted Flavors, Kellogg's Smart Start, Kellogg's Low-Fat Granola with Raisins, Kellogg's Frosted Mini-Wheats Bite Size, and Kashi GO Crunch.

Preparation and Cooking: Ready to Eat - Kellogg's cereals are ready to eat out of the package

Serving Suggestions: Serve at breakfast time with your favorite milk and anytime with yogurt and fruit toppings

Storage: Dry



Features and Benefits (Consumer or Base GTIN: 00018627446415)

Features: Kashi GOLEAN Crunch Cereal features a satisfying blend of crunchy puffed grain clusters made with toasty hard red wheat, brown rice, barley, and rye with a touch of honey and cinnamon in every bite. A yummy addition to any balanced breakfast, our GOLEAN Crunch Cereal pairs well with dairy or nut milk, yogurt, and fresh fruit. Travel-ready, this cereal makes a tasty snack at work, afternoon pick-me-up at school or late-night treat and is perfect for stowing in lunchboxes, totes, and backpacks. Crispy and crunchy, Kashi GOLEAN Crunch Cereal is low fat (3 grams or less per 55 grams), provides an excellent source of fiber, is a good source of protein, and is also Non-GMO Project Verified.

Storage: Dry



Features and Benefits (Consumer or Base GTIN: 00038000009174)

Features: Start your day off right with the simple goodness of Special K Cereal Red Berries - a deliciously crafted, wholesome cereal that loves you back with each healthy spoonful. This filling cereal is bursting with real strawberries and made with lightly sweetened rice and wheat flakes to energize you for the day ahead. Just as nutritious as it is delicious, this breakfast cereal is made with whole grain, is a good source of fiber, and contains essential vitamins and minerals to help keep you going strong. Each portable

cereal cup lets you take a deliciously satisfying meal or snack with you wherever you go. Whether you enjoy your cereal at home, work, school or the gym, you'll love that there's no mess or dish to clean up. Go ahead—pop the top, pour over your favorite milk, and enjoy Kellogg's Special K Red Berries cereal that lets you feed your strength with each irresistible bite.



Features and Benefits (Consumer or Base GTIN: 00038000313295)

Features:

Kellogg's Frosted Mini-Wheats is ingeniously crafted for breakfasts that matter. Made with simple, good ingredients, Kellogg's Frosted Mini-Wheats is a delicious, fulfilling way to start your day and features 10 layers of perfectly toasted whole wheat in every bite-sized biscuit. An excellent source of fiber with over 50 grams of whole grains per serving, Kellogg's Frosted Mini-Wheats delivers the kind of full that sticks with you. A big food for big days, Kellogg's Frosted Mini-Wheats is here to help fuel you without compromising on flavor or the healthful benefits you've come to expect in every incredible spoonful. With a variety of delicious flavors to choose from, Frosted Mini-Wheats go great with yogurt and fresh fruit, and makes for a delicious midday snack to help power you through your busy day. Conveniently packaged in a milk-ready cup, Kellogg's Frosted Mini-Wheats is a perfectly crafted breakfast cereal that fits squarely into your morning routine and the adventures that fol



Features and Benefits (Consumer or Base GTIN: 00038000482441)

Features:

Start your day off right with Special K Cereal Fruit & Yogurt - a deliciously crafted, wholesome cereal that loves you back with each healthy spoonful. This filling cereal is a satisfying mix of crunchy rice and wheat flakes, oat-and-fruit granola, and sweet yogurt clusters that's sure to energize you for the day ahead. Just as nutritious as it is delicious, this breakfast cereal contains whole grain, fiber and essential vitamins and minerals to help keep you going strong. Each portable cereal cup lets you take a deliciously satisfying meal or snack with you wherever you go. Whether you enjoy your cereal at home, work, school or the gym, you'll love that there's no mess or dish to clean up. Go ahead—pop the top, pour over your favorite milk, and enjoy Kellogg's Special K Fruit & Yogurt cereal that lets you feed your strength with each irresistible bite.

Nutritionals and Ingredients (Case GTIN: 00038000183157)

Information Not Available

Representation of label(s). The actual nutritional label(s) and ingredients may vary slightly

Nutrition Facts (Unprepared)	
1 Servings Per Container	
Serving Size	65 g
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 4 g	5%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Polyunsaturated Fat 1.5 g	
Monounsaturated Fat 1.5 g	
Cholesterol 0 mg	0%
Sodium 120 mg	5%
Total Carbohydrate 46 g	17%
Dietary Fiber 11 g	38%
Soluble Fiber 7 g	
Insoluble Fiber 4 g	
Sugar 16 g	
Added Sugar 14 g	28%
Protein 11 g	15%
Vitamin D 0 µg	0%
Potassium 430 mg	8%
Calcium 30 mg	2%
Iron 1.8 mg	10%
Phosphorous	10%
Magnesium	15%
Zinc	10%
* 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.	

Nutrition Facts (Unprepared)	
Serving Size	
	100 g
Amount Per Serving	
Calories	363
% Daily Value*	
Total Fat 6.0 g	
Saturated Fat 0.8 g	
Trans Fat 0.0 g	
Polyunsaturated Fat 2.2 g	
Monounsaturated Fat 2.5 g	
Cholesterol 0 mg	
Sodium 186 mg	
Total Carbohydrate 71.4 g	
Dietary Fiber 16.3 g	
Soluble Fiber 10.9 g	

Insoluble Fiber 5.4 g
Sugar 24.0 g
Added Sugar 21.7 g
Protein 16.7 g
Vitamin D 0 µg
Potassium 666 mg
Calcium 59.3 mg
Iron 2.9 mg
Vitamin A 4 µg
Vitamin C 1 mg
Vitamin E 0 mg
Thiamin 0.11 mg
Riboflavin 0.03 mg
Vitamin B6 0.06 mg
Vitamin B12 0.0 µg
Phosphorous 285 mg
Magnesium 111 mg
Zinc 2.0 mg
* 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.

Ingredients:

Kashi Seven Whole Grains and Sesame blend (hard red wheat**, brown rice, barley, triticale, oats, rye, buckwheat, sesame seeds), soy flakes, brown rice syrup, cane sugar, chicory root fiber, whole grain oats, expeller pressed canola oil, honey, salt, cinnamon, mixed tocopherols for freshness.**Certified Transitional

Representation of label(s). The actual nutritional label(s) and ingredients may vary slightly

Nutrition Facts (Unprepared)	
1 Servings Per Container	
Serving Size	71 g
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 450 mg	20%
Total Carbohydrate 61 g	22%
Dietary Fiber 5 g	19%
Sugar 20 g	
Added Sugar 19 g	38%
Protein 5 g	
Vitamin D 3.6 µg	15%
Potassium 150 mg	2%
Calcium 20 mg	0%
Iron 19.6 mg	100%
Vitamin A	15%
Vitamin C	15%
Vitamin E	15%
Thiamin	35%
Riboflavin	35%
Vitamin B6	35%
Vitamin B12	35%
* 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.	

Nutrition Facts (Unprepared)	
Serving Size	100 g
Amount Per Serving	
Calories	361
% Daily Value*	
Total Fat 1.5 g	
Saturated Fat 0.3 g	
Trans Fat 0.0 g	
Polyunsaturated Fat 0.6 g	
Monounsaturated Fat 0.2 g	
Cholesterol 0 mg	
Sodium 629 mg	
Total Carbohydrate 85.9 g	

Dietary Fiber 7.5 g
Soluble Fiber 3.0 g
Insoluble Fiber 4.5 g
Sugar 28.9 g
Added Sugar 26.1 g
Protein 7.1 g
Vitamin D 5 µg
Potassium 212 mg
Calcium 29.3 mg
Iron 27.7 mg
Vitamin A 231 µg
Vitamin C 23 mg
Vitamin E 4 mg
Thiamin 0.62 mg
Riboflavin 0.67 mg
Vitamin B6 0.87 mg
Vitamin B12 1.2 µg
Phosphorous 206 mg
Magnesium 62 mg
Zinc 1.6 mg
* 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.

Ingredients:

Whole grain wheat, rice, sugar, freeze-dried strawberries, wheat bran, contains 2% or less of brown sugar syrup, salt, malt flavor.Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, vitamin E acetate, niacinamide, beta-carotene, vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin B2 (riboflavin), folic acid, vitamin D3, vitamin B12.

Representation of label(s). The actual nutritional label(s) and ingredients may vary slightly

Nutrition Facts (Unprepared)	
1 Servings Per Container	
Serving Size	76 g
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 310 mg	13%
Total Carbohydrate 66 g	24%
Dietary Fiber 4 g	15%
Sugar 22 g	
Added Sugar 21 g	42%
Protein 6 g	5%
Vitamin D 2.3 µg	10%
Potassium 160 mg	2%
Calcium 20 mg	0%
Iron 9.6 mg	50%
Vitamin A	10%
Vitamin C	10%
Vitamin E	10%
Thiamin	20%
Riboflavin	20%
Vitamin B6	20%
Vitamin B12	20%
* 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.	

Nutrition Facts (Unprepared)	
Serving Size	
	100 g
Amount Per Serving	
Calories	374
% Daily Value*	
Total Fat 1.5 g	
Saturated Fat 0.3 g	
Trans Fat 0.0 g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 0.1 g	
Cholesterol 0 mg	
Sodium 407 mg	
Total Carbohydrate 87.1 g	
Dietary Fiber 5.4 g	
Soluble Fiber 0.8 g	

Insoluble Fiber 4.2 g
Sugar 28.3 g
Added Sugar 27.8 g
Protein 7.5 g
Vitamin D 3 µg
Potassium 214 mg
Calcium 26.9 mg
Iron 12.7 mg
Vitamin A 141 µg
Vitamin C 14 mg
Vitamin E 2 mg
Thiamin 0.38 mg
Riboflavin 0.41 mg
Vitamin B6 0.53 mg
Vitamin B12 0.8 µg
Phosphorous 129 mg
Magnesium 29 mg
Zinc 1.1 mg
* 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.

Ingredients:

Ingredients: Rice, whole grain wheat, sugar, whole grain oats, brown sugar syrup, contains 2% or less of rice flour, corn syrup, salt, malt flavor, honey, barley malt extract, cinnamon, natural flavor, mixed tocopherols (vitamin E) for freshness. Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, vitamin E acetate, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), folic acid, vitamin B2 (riboflavin), beta-carotene, vitamin D3, vitamin B12.

Representation of label(s). The actual nutritional label(s) and ingredients may vary slightly

Nutrition Facts (Unprepared)	
1 Servings Per Container	
Serving Size	71 g
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 60 g	22%
Dietary Fiber 7 g	25%
Soluble Fiber 1 g	
Insoluble Fiber 6 g	
Sugar 15 g	
Added Sugar 14 g	28%
Protein 6 g	4%
Vitamin D 0 µg	0%
Potassium 190 mg	4%
Calcium 10 mg	0%
Iron 21.3 mg	110%
Thiamin	10%
Phosphorous	10%
Magnesium	10%
Zinc	10%
* 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.	

Nutrition Facts (Unprepared)	
Serving Size	
	100 g
Amount Per Serving	
Calories	353
% Daily Value*	
Total Fat 2.2 g	
Saturated Fat 0.4 g	
Trans Fat 0.0 g	
Polyunsaturated Fat 1.4 g	
Monounsaturated Fat 0.4 g	
Cholesterol 0 mg	
Sodium 17 mg	
Total Carbohydrate 84.4 g	
Dietary Fiber 9.7 g	
Soluble Fiber 1.3 g	
Insoluble Fiber 8.4 g	

Sugar 20.8 g
Added Sugar 20.1 g
Protein 8.0 g
Vitamin D 0.0 µg
Potassium 270 mg
Calcium 15.1 mg
Iron 30.0 mg
Vitamin A 0 µg
Vitamin C 0 mg
Vitamin E 1 mg
Thiamin 0.20 mg
Riboflavin 0.09 mg
Vitamin B6 0.30 mg
Vitamin B12 0.0 µg
Phosphorous 208 mg
Magnesium 70 mg
Zinc 1.8 mg
* 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.

Ingredients:

Ingredients: Whole grain wheat, sugar, contains 2% or less of brown rice syrup, gelatin. Vitamins and Minerals: Reduced iron, folic acid.

Representation of label(s). The actual nutritional label(s) and ingredients may vary slightly

Nutrition Facts (Unprepared)	
1 Servings Per Container	
Serving Size	63 g
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 3 g	4%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Total Carbohydrate 52 g	19%
Dietary Fiber 6 g	20%
Sugar 18 g	
Added Sugar 14 g	28%
Protein 5 g	
Vitamin D 2.1 µg	10%
Potassium 200 mg	4%
Calcium 20 mg	2%
Iron 4.8 mg	25%
Thiamin	20%
Riboflavin	20%
Vitamin B6	20%
Vitamin B12	20%
* 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.	

Nutrition Facts (Unprepared)	
Serving Size	100 g
Amount Per Serving	
Calories	372
% Daily Value*	
Total Fat 4.4 g	
Saturated Fat 1.0 g	
Trans Fat 0.0 g	
Polyunsaturated Fat 1.4 g	
Monounsaturated Fat 1.7 g	
Cholesterol 0 mg	
Sodium 227 mg	
Total Carbohydrate 82.3 g	
Dietary Fiber 8.9 g	
Soluble Fiber 4.3 g	
Insoluble Fiber 4.6 g	
Sugar 28.9 g	
Added Sugar 22.4 g	

Protein 7.7 g	
Vitamin D 3.4 µg	
Potassium 318 mg	
Calcium 45.8 mg	
Iron 7.6 mg	
Vitamin A 0 µg	
Vitamin C 0 mg	
Vitamin E 1 mg	
Thiamin 0.41 mg	
Riboflavin 0.44 mg	
Vitamin B6 0.58 mg	
Vitamin B12 0.8 µg	
Phosphorous 209 mg	
Magnesium 77 mg	
Zinc 1.4 mg	
Copper 0.20 mg	
Manganese 2.30 mg	
* 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.	

Ingredients:

Ingredients: Whole grain oats, whole grain wheat, sugar, rice, corn syrup, raisins, almonds, contains 2% or less of glycerin, molasses, modified corn starch, palm oil, salt, cinnamon, nonfat milk, polyglycerol esters of fatty acids, malt flavor, mixed tocopherols for freshness, guar gum.Vitamins and Minerals: Iron (ferric phosphate), niacinamide, reduced iron, folic acid, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin D3, vitamin B12.

Representation of label(s). The actual nutritional label(s) and ingredients may vary slightly

Nutrition Facts (Unprepared)	
1 Servings Per Container	
Serving Size	76 g
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 350 mg	15%
Total Carbohydrate 65 g	24%
Dietary Fiber 6 g	21%
Sugar 24 g	
Added Sugar 20 g	40%
Protein 6 g	
Vitamin D 3.8 µg	15%
Potassium 170 mg	2%
Calcium 10 mg	0%
Iron 20.5 mg	110%
Vitamin A	15%
Vitamin C	15%
Vitamin E	15%
Thiamin	35%
Riboflavin	35%
Vitamin B6	35%
Vitamin B12	35%
* 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.	

Nutrition Facts (Unprepared)	
Serving Size	100 g
Amount Per Serving	
Calories	376
% Daily Value*	
Total Fat 2.9 g	
Saturated Fat 1.5 g	
Trans Fat 0.0 g	
Polyunsaturated Fat 0.4 g	
Monounsaturated Fat 0.1 g	
Cholesterol 0 mg	
Sodium 455 mg	
Total Carbohydrate 85.0 g	

Dietary Fiber 7.9 g
Soluble Fiber 0.6 g
Insoluble Fiber 4.6 g
Sugar 31.5 g
Added Sugar 26.1 g
Protein 7.3 g
Vitamin D 5 µg
Potassium 237 mg
Calcium 25.4 mg
Iron 27.0 mg
Vitamin A 225 µg
Vitamin C 23 mg
Vitamin E 4 mg
Thiamin 0.60 mg
Riboflavin 0.65 mg
Vitamin B6 0.85 mg
Vitamin B12 1.2 µg
Phosphorous 166 mg
Magnesium 53 mg
Zinc 1.3 mg
* 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.

Ingredients:

Whole grain wheat, rice, sugar, whole grain oats, wheat bran, contains 2% or less of corn syrup, salt, palm kernel oil, dried apples, brown sugar syrup, rice flour, nonfat milk, natural flavors, nonfat yogurt powder (cultured nonfat milk; heat-treated after culturing), mixed tocopherols for freshness, wheat, citric acid, molasses, vegetable juice for color, modified corn starch, lactic acid, honey, soy lecithin, barley malt extract, malt flavor, spice, BHT for freshness. Vitamins and Minerals: Reduced iron, vitamin C (ascorbic acid), niacinamide, vitamin E acetate, beta-carotene, vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin B2 (riboflavin), folic acid, vitamin D3, vitamin B12.

Allergens and Diet (Case GTIN: 00038000183157)

Representation of allergens and dietary claims. The actual allergens and dietary claims may vary slightly.

Allergen Values (FDA)

Allergens and Diet (Consumer or Base GTIN: 00018627446415)

Representation of allergens and dietary claims. The actual allergens and dietary claims may vary slightly.

Allergen Values (FDA)

Contains: Soy, Wheat

Suitable For Diet

Kosher Yes

Vegetarian Yes

Allergens and Diet (Consumer or Base GTIN: 00038000009174)

Representation of allergens and dietary claims. The actual allergens and dietary claims may vary slightly.

Allergen Values (FDA)

Contains: Wheat

Suitable For Diet

Kosher Yes

Allergens and Diet (Consumer or Base GTIN: 00038000070471)

Representation of allergens and dietary claims. The actual allergens and dietary claims may vary slightly.

Allergen Values (FDA)**Contains:** Wheat**Suitable For Diet****Kosher** Yes**Allergens and Diet (Consumer or Base GTIN: 00038000313295)**

Representation of allergens and dietary claims. The actual allergens and dietary claims may vary slightly.

Allergen Values (FDA)**Contains:** Wheat**Allergens and Diet (Consumer or Base GTIN: 00038000482427)**

Representation of allergens and dietary claims. The actual allergens and dietary claims may vary slightly.

Allergen Values (FDA)**Contains:** Milk, Wheat, Almond**Suitable For Diet****Kosher** Yes**Allergens and Diet (Consumer or Base GTIN: 00038000482441)**

Representation of allergens and dietary claims. The actual allergens and dietary claims may vary slightly.

Allergen Values (FDA)**Contains:** Milk, Soy, Wheat**Suitable For Diet****Kosher** Yes