

Calories	Total Fat	Sodium	Sugars	Fiber	Calcium
120	1.5g	160mg	6g	3g	25%
6%	2%	7%		12%	

Mill
Select™

cocoa CRUNCH



EAT 48g OR MORE OF WHOLE GRAINS DAILY

Whole Grain Cereal
MADE WITH REAL COCOA



SERVING SUGGESTION

ADJUSTED TO SUGAR CONTENT

- low fat
- excellent source of calcium
- excellent source of iron

®

NET WT 12 OZ (340g)