

Honey Nut Cheerios(TM) Cereal Single Serve K12 2oz Eq Grain

UPC: **16000148826**

Information Accurate as of: **July 5, 2023**

DESCRIPTION

Enjoy the real honey, natural almond flavor and sweetened whole grains in Honey Nut Cheerios. This ready-to-eat cup provides convenient single serve portion control and room for milk. Whole Grain Oatsfirst ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack criteria and Gluten-Free.

Case GTIN: **10016000148823**

Unit Weight: **2 OZ**

Units per case: **60**

Nutrition Facts

1 Container (56g)
Serving Size

Calories per serving **210**

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 2.5g	3%	Sodium 320mg	14%
Saturated Fat 0.5g	3%	Total Carbohydrate 45g	16%
Trans Fat 0g		Dietary Fiber 4g	14%
Cholesterol 0mg	0%	Total Sugars 19g	
		Soluble Fiber 1g	
		Includes 19g Added Sugars	38%
		Protein 5g	
Vitamin D 15%	• Calcium 15%	Iron 30%	
Potassium 4%	• Vitamin A 15%	Vitamin C 15%	
Thiamin 30%	• Riboflavin 15%	Niacin 15%	
Vitamin B6 30%	• Folate 30%	Vitamin B12 30%	
Phosphorus 15%	• Magnesium 15%	Zinc 30%	

* 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.

* Not a significant nutrient source

Nutrition Facts

Calories Approx Per 100g **378**

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 5g		Sodium 568mg	
Saturated Fat 0g		Total Carbohydrate 81g	
Trans Fat 0g		Dietary Fiber 8g	
Cholesterol 0mg		Total Sugars 32g	
		Soluble Fiber 3g	
		Includes 32g Added Sugars	
		Protein 8g	
Vitamin D 5mcg	• Calcium 351mg	Iron 10mg	
Potassium 405mg	• Vitamin A 811IU	Vitamin C 24mg	
Thiamin 1mg	• Riboflavin 0mg	Niacin 4mg	
Vitamin B6 1mg	• Folate 216mcg	Vitamin B12 1mcg	
Phosphorus 297mg	• Magnesium 108mg	Zinc 6mg	

* 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.

* Not a significant nutrient source

INGREDIENTS & ALLERGENS: Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

CONTAINS ALMOND INGREDIENTS.

KOSHER APPROVAL: OU

Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter.
This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.
Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.



GENERAL MILLS

**Product Formulation Statement for Documenting Grains
in Child Nutrition Programs**
(Crediting Standards Based on Exhibit A Weights per Ounce Equivalent)

Program operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Program operators have the option to choose the crediting method that fits their specific menu planning needs.

Product Name: Honey Nut Cheerios® 2 oz Cup Code No.: 16000-14882

Manufacturer: General Mills, Inc. Serving Size 2.0 OZ (56g)

I. Does the product meet the whole grain-rich criteria: Yes X No

II. Does the product contain non-creditable grains: Yes No **How many grams:**
(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the Food Buying Guide for Child Nutrition Programs (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16g creditable grains per oz eq; Groups H and I use the standard of 28g creditable grain per oz eq or volume.)

Indicate which Exhibit A Group (A-I) the Product Belongs: I

DESCRIPTION OF PRODUCT PER EXHIBIT A	PORTION SIZE OF PRODUCT AS PURCHASED A	WEIGHT OF ONE OZ EQ AS LISTED IN EXHIBIT A B	CREDITABLE AMOUNT A ÷ B
Ready to Eat Cereal	56g	28g	56g ÷ 28g = 2.0
Total Creditable Amount ¹			2.0

¹Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 2.0 OZ (56g)

Total contribution of product (per portion) 2.0 oz eq

I further certify that the above information is true and correct and that a 2.0 ounce portion of this product (ready for serving) provides 2.0 oz eq grains. I further certify that non-creditable grains **are not** above 0.24 oz eq per portion. Products with more than 0.24 oz eq or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.

Wendy Ramaker
Labeling and Regulatory Compliance Specialist, K12 Education
September 01, 2022
Exhibit A

Package Images



Case - Front 3D



PIM - Out of Packaging



PIM - Open Case



PIM - Styled



Front - 3D