

|                   |                                       |
|-------------------|---------------------------------------|
| Product Name      | Frosted Flakes Multigrain for Schools |
| Flavor Descriptor |                                       |
| NLI Description   | SSB                                   |
| Brand             | <b>KELLOGG'S</b>                      |



|               |           |
|---------------|-----------|
| Date Created  | 01-05-22  |
| NLI #         | 16686     |
| Kosher Status | OU Pareve |
| Product of    | U.S.A.    |

|   |                          |
|---|--------------------------|
| USDA Ounce Equivalents of Grain per Serving   | 1                        |
| USDA Ounce Equivalents of Meat/Meat Alternate |                          |
| Whole Grains (g/serving)                      | 11                       |
| USDA Bioengineered (BE) Status                | Requires a BE disclosure |

|                          |             |                       |
|--------------------------|-------------|-----------------------|
| Serving Size             | 1 Container |                       |
| Serving Size g           | 28          |                       |
| Serving Size oz          |             |                       |
| Amount Per Serving       | Cereal      |                       |
| Calories                 | 100         |                       |
|                          |             | <b>% Daily Value*</b> |
|                          |             | <b>% Daily Value*</b> |
| Total Fat                | 0 g         | 0 %                   |
| Saturated Fat            | 0 g         | 0 %                   |
| Trans Fat                | 0 g         |                       |
| Polyunsaturated Fat      | g           |                       |
| Monounsaturated Fat      | g           |                       |
| Cholesterol              | 0 mg        | 0 %                   |
| Sodium                   | 170 mg      | 7 %                   |
| Total Carbohydrate       | 24 g        | 9 %                   |
| Dietary Fiber            | 2 g         | 8 %                   |
| Soluble Fiber            | g           |                       |
| Insoluble Fiber          | g           |                       |
| Total Sugars             | 6 g         |                       |
| Includes 6g Added Sugars | 6 g         | 12 %                  |
| Sugar Alcohol            | g           |                       |
| Protein                  | 2 g         |                       |
| Vitamin D                | 2 mcg       | 10 %                  |
| Calcium                  | 0 mg        | 0 %                   |
| Iron                     | 1.8 mg      | 10 %                  |
| Potassium                | 70 mg       | 0 %                   |
| Vitamin A                | mcg         | %                     |
| Vitamin C                | mg          | %                     |
| Vitamin E                | mg          | %                     |
| Vitamin K                | mcg         | %                     |
| Thiamin                  | mg          | 10 %                  |
| Riboflavin               | mg          | 10 %                  |
| Niacin                   | mg          | 10 %                  |
| Vitamin B6               | mg          | 10 %                  |
| Folate                   | 40 mcg DFE  | 10 %                  |
| Folic Acid               | 20 mcg      |                       |
| Vitamin B12              | mcg         | 10 %                  |
| Biotin                   | mcg         | %                     |
| Pantothenic Acid         | mg          | %                     |
| Phosphorus               | mg          | %                     |
| Iodine                   | mcg         | %                     |
| Magnesium                | mg          | %                     |
| Zinc                     | mg          | %                     |
| Selenium                 | mcg         | %                     |
| Copper                   | mg          | %                     |
| Manganese                | mg          | %                     |
| Chromium                 | mcg         | %                     |
| Molybdenum               | mcg         | %                     |
| Chloride                 | mg          | %                     |
| Choline                  | mg          | %                     |
| Fluoride                 | mg          | %                     |

**Ingredients:**  
**Ingredients: Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of salt, malt flavor.**

**Vitamins and Minerals:** Reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

**ALLERGEN INFORMATION:**  
**CONTAINS WHEAT INGREDIENTS.**

| Nutrient Contents Per 100g |         |                  |         |
|----------------------------|---------|------------------|---------|
| Calories                   | 362     | Vitamin E        | 0 mg    |
| Total Fat                  | 1.3 g   | Vitamin K        | NA mcg  |
| Saturated Fat              | 0.2 g   | Thiamin          | 0.43 mg |
| Trans Fat                  | 0 g     | Riboflavin       | 0.46 mg |
| Polyunsaturated Fat        | 0.6 g   | Niacin (NE)      | 5.7 mg  |
| Monounsaturated Fat        | 0.2 g   | Vitamin B6       | 0.61 mg |
| Cholesterol                | 0 mg    | Folate (DFE)     | 143 mcg |
| Sodium                     | 601 mg  | Folic Acid       | 86 mcg  |
| Total Carbohydrate         | 87.3 g  | Vitamin B12      | 0.9 mcg |
| Dietary Fiber              | 8.04 g  | Biotin           | NA mcg  |
| Soluble Fiber              | 0.97 g  | Pantothenic Acid | NA mg   |
| Insoluble Fiber            | 7.07 g  | Phosphorus       | 226 mg  |
| Total Sugars               | 22.3 g  | Iodine           | NA mcg  |
| Added Sugars               | 21.8 g  | Magnesium        | 89 mg   |
| Sugar Alcohols             | 0 g     | Zinc             | 2.2 mg  |
| Protein                    | 7.8 g   | Selenium         | NA mcg  |
| Vitamin D                  | 7.1 mcg | Copper           | NA mg   |
| Calcium                    | 19.3 mg | Manganese        | NA mg   |
| Iron                       | 6.4 mg  | Chromium         | NA mcg  |
| Potassium                  | 278 mg  | Molybdenum       | NA mcg  |
| Vitamin A (RAE)            | 5 mcg   | Chloride         | NA mg   |
| Vitamin C                  | 0 mg    | Choline          | NA mg   |
|                            |         | Fluoride         | NA mg   |
|                            |         | Moisture         | 2.5 %   |
|                            |         | Ash              | 1.1 %   |
|                            |         | Whole Grain      | 41.45 % |

NA = Database values for the nutrient do not exist or are incomplete.

| GTIN/UPC Code     | Type of Package | Net Weight | Servings Per Container |
|-------------------|-----------------|------------|------------------------|
| 000 38000 54998 4 | Case            |            |                        |
| 000 38000 55003 4 | Container       | 1 OZ (28g) | 1                      |
| 000 38000 51091 5 | Case            |            |                        |

Product information can change at any time. Always refer to product package for current nutrition and ingredient information.

*Stefanie Dove, MBA RDN SNS*

Stefanie Dove, MBA RDN SNS  
 K-12 Wellbeing & Regulatory Business Partner  
 Kellogg Company

\*\*\*Information presented in this document applies to products intended for US consumers only.\*\*\*

\*Note: This document is for technical use only. Please refer to packaging or sales materials for correct trademark usage.\*