

Nutrition Facts

About X servings per container
Serving size 1 cup (36g)

Amount per serving
Calories 140

% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber less than 1g	2%
Total Sugars 12g	
Incl. 12g Added Sugars	25%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 2.7mg	15%
Potassium 60mg	0%
Vitamin A	50%
Thiamin	30%
Riboflavin	40%
Niacin	30%
Vitamin B ₆	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B ₁₂	80%
Zinc	15%

* 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: Rice, Sugar, Canola and/or Soybean Oil, Cocoa (processed with alkali), Salt, Contains 1% or less of: Caramel Color, Natural and Artificial Flavor, BHT added to preserve freshness.

Vitamins and Minerals: Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

July 2023

Post Consumer Brands

Cocoa Pebbles™ Cereal

Nutrition Facts	
About X servings per container	
Serving size	1 cup (36g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 12g	
Incl. 12g Added Sugars	25%
Protein 1g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 20mg	0%
Vitamin A	50%
Vitamin C	10%
Thiamin	35%
Riboflavin	40%
Niacin	40%
Vitamin B ₆	25%
Folate 240mcg DFE (140mcg folic acid)	60%
Vitamin B ₁₂	80%
Zinc	15%
* 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: Rice, Sugar, Canola and/or Soybean Oil, Salt, Contains 1% or less of: Natural and Artificial Flavor, Red 40, Yellow 6, Yellow 5, Blue 1, Turmeric Oleoresin (color). BHT and BHA added to preserve freshness.

Vitamins and Minerals: Sodium Ascorbate and Ascorbic Acid (Vitamin C), Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

Post Consumer Brands

Fruity Pebbles™ Cereal

Nutrition Facts	
X servings per container	
Serving size 1 oz (28g/about 17 pieces)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 5g	
Incl. 5g Added Sugars	11%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 10mg	0%
Vitamin E	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.	

Ingredients: Rice, Soybean Oil, Sugar, Contains less than 1% of: Salt, Natural and Artificial Flavor, Red 40, Blue 1, Yellow 6, Yellow 5, Mixed Tocopherols (Vitamin E) and BHT added to preserve freshness.

Post Consumer Brands

Fruity Pebbles™ Crisps Snacks

Nutrition Facts

About X servings per container
Serving size 1 3/4 cup (40g)

Amount per serving
Calories 160

% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Total Sugars 13g	
Incl. 12g Added Sugars	25%

Protein 2g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 2.7mg	15%
Potassium 60mg	0%
Vitamin A	50%
Thiamin	50%
Riboflavin	45%
Niacin	45%
Vitamin B6	45%
Folate 400mcg DFE (240mcg folic acid)	100%
Vitamin B12	100%
Phosphorus	4%
Zinc	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.

Ingredients: Corn Flour, Sugar, Whole Grain Oat Flour, Whole Grain Corn Flour, Honey, Salt, Natural Flavor, Yellow 5, Wheat Starch. BHT added to preserve freshness.

Vitamins and Minerals: Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin D3, Vitamin B12.

CONTAINS WHEAT.

Post Consumer Brands

Honeycomb® Cereal

Nutrition Facts

About X servings per container

Serving size 1 cup (36g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 31g 11%

Dietary Fiber less than 1g 3%

Total Sugars 12g

Incl. 12g Added Sugars 23%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 5.4mg 30%

Potassium 60mg 0%

Thiamin 80%

Niacin 15%

Vitamin B₆ 15%

Folate 60mcg DFE
(35mcg folic acid) 15%

Pantothenic Acid 15%

Phosphorus 2%

Magnesium 2%

Zinc 15%

* 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: Corn Flour, Sugar, Whole Grain Oat Flour, Corn Syrup, Canola and/or Soybean Oil, Salt, Cocoa (processed with alkali), Caramel Color, Citric Acid, Natural and Artificial Flavor. **Vitamins and Minerals:** Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

Post Consumer Brands Cocoa Pebbles Crunch'd

Nutrition Facts	
About X servings per Container	
Serving size	1 cup (36g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber less than 1g	3%
Total Sugars 12g	
Incl. 12g Added Sugars	24%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 5.4mg	30%
Potassium 40mg	0%
Thiamin	80%
Niacin	15%
Vitamin B ₆	15%
Folate 60mcg DFE (35mcg folic acid)	15%
Pantothenic Acid	15%
Phosphorus	2%
Magnesium	2%
Zinc	15%
* 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: Corn Flour, Sugar, Whole Grain Oat Flour, Corn Syrup, Canola and/or Soybean Oil, Salt, Contains 1% or less of: Natural and Artificial Flavor, Red 40, Citric Acid, Yellow 5, Blue 1, BHT added to preserve freshness.

Vitamins and Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

Post Consumer Brands

Fruity Pebbles Crunch'd