

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 2/21/06

CRISP RICE (C330101AA)

CONTAINS: NO ALLERGENS

Nutrition Facts

Serving size 1 1/4 cups (33g)

Servings Per Container

Amount Per Serving	Cereal with 1/2 cup Vitamins A&D Skim Milk	
	Cereal	Skim Milk
Calories	120	170
Calories from Fat	0	0
	% Daily Value* **	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 310mg	13%	16%
Potassium 70mg	2%	8%
Total Carbohydrate 29g	10%	12%
Dietary Fiber 0g	0%	0%
Sugars 3g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	30%	35%
Riboflavin	30%	40%
Niacin	30%	30%
Vitamin B6	25%	25%
Folate	50%	50%
Vitamin B12	25%	35%
Phosphorous	4%	15%
Magnesium	2%	6%
Zinc	25%	30%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
13 oz	about 11
35 oz	about 30
38 oz	about 33
20 lb	about 275

INGREDIENT STATEMENT

INGREDIENTS:

RICE, SUGAR, SALT, MALT EXTRACT,
 PRESERVATIVE (TOCOPHEROLS)

VITAMINS AND MINERALS:

IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.