

General Mills

**Whole Grain & Calcium**  
Guaranteed

10¢ OFFICIAL COUPON  
GKID BOX TOPS  
EDUCATION  
EXPIRES 6/1/14

**Nutrition Highlights**

Calories	Saturated Fat	Sodium	Sugars	Calcium	Vit. D
120	0g	190mg	11g	100mg	40 IU
6%	0%	8%		10%	10%

Amount and % Daily Value per serving

**Trix**  
Fruitalicious Swirls

Naturally and Artificially Fruit Flavored Sweetened Corn Puffs

Enlarged to show detail

**WHOLE GRAIN & CALCIUM GUARANTEED**

NET WT 10.7 OZ (303g)

**Trix**

**Nutrition Facts**

Serving Size 1 cup (32g)  
Servings Per Container About 9

Amount Per Serving	Trix	with ½ cup skim milk
<b>Calories</b>	120	160
Calories from Fat	15	15
<b>% Daily Value**</b>		
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 190mg	<b>8%</b>	<b>10%</b>
<b>Potassium</b> 50mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>	<b>11%</b>
Dietary Fiber 1g	<b>5%</b>	<b>5%</b>
Sugars 11g		
Other Carbohydrate 16g		
<b>Protein</b> 1g		

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola and/or Rice Bran Oil, Salt, Tricalcium Phosphate, Trisodium Phosphate, Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Citric Acid, Malic Acid. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.

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**Healthy Living**  
*...for life!*

Nutrition Services • Alameda County Public Health Department

Nutrition Services 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454 • [www.healthylivingforlife.org](http://www.healthylivingforlife.org)

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663.  
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