

General Mills

Whole Grain & Calcium
Guaranteed

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

Trix
Fruitalicious Swirls

Naturally and Artificially Fruit Flavored Sweetened Corn Puffs

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

Enlarged to show detail

WHOLE GRAIN & CALCIUM GUARANTEED

NET WT 10.7 OZ (303g)



Nutrition Facts

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

Amount Per Serving		with ½ cup skim milk
Calories	120	160
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Potassium 50mg	1%	7%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 1g	5%	5%
Sugars 11g		
Other Carbohydrate 16g		
Protein 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 B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₂.

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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

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663.
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