



Nutrition Facts

Serving Size 1 cup (30g)
Servings Per Container About 10

Amount Per Serving	Cereal	with 1/2 cup Skim Milk
Calories	100	130
Calories from fat	15	15
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat <0.0g	0%	0%
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	9%
Potassium 35mg	1%	7%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 5.0g	20%	20%
Sugars 9g		
Other Carbohydrate 12g		
Protein 1g		

*Amount in Cereal **Based on a 2,000 calorie diet



Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container 6

Amount Per Serving	
Calories	140
Calories from fat	20
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat <0.5g	1%
Cholesterol 0mg	0%
Sodium 180mg	7%
Potassium 100mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 1g	
Other Carbohydrate 20g	
Protein 1g	

*Based on a 2,000 calorie diet



Nutrition Facts

Serving Size 2 oz (56g)
Servings Per Container 8

Amount Per Serving	
Calories	210
Calories from fat	10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat <0.0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrate 42g	14%
Dietary Fiber 2.5g	10%
Sugars 2g	
Other Carbohydrate 37.5g	
Protein 7g	

*Based on a 2,000 calorie diet

NOVELOSE[™] functional fiber. A new tool for creating fiber-rich foods.

The RTE cereal, cheese curls and pasta shown above represent a fiber breakthrough. The foods are "good" or "high" fiber sources, plus they have excellent crispness, expansion and/or firm texture. That's because they're made with NOVELOSE functional fiber – the first commercially developed concentrated source of resistant starch. Approximately 30% of NOVELOSE analyzes as dietary fiber by the AOAC approved method, and it contains less than 1% fat, compatible with healthy labeling.

Unlike traditional fiber sources which can impart a gritty texture and strong cereal-like flavor,

NOVELOSE improves eating quality, enhances crispness and increases expansion. Small particle size and partially soluble, non-hydrating profile contribute to improved processing. It even has been shown to reduce oil pickup.

For complete technical data, contact National Starch and Chemical Company, 10 Finderne Avenue, Bridgewater, NJ 08807. Tel: 800-743-6343, Fax: 908-685-5355.

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