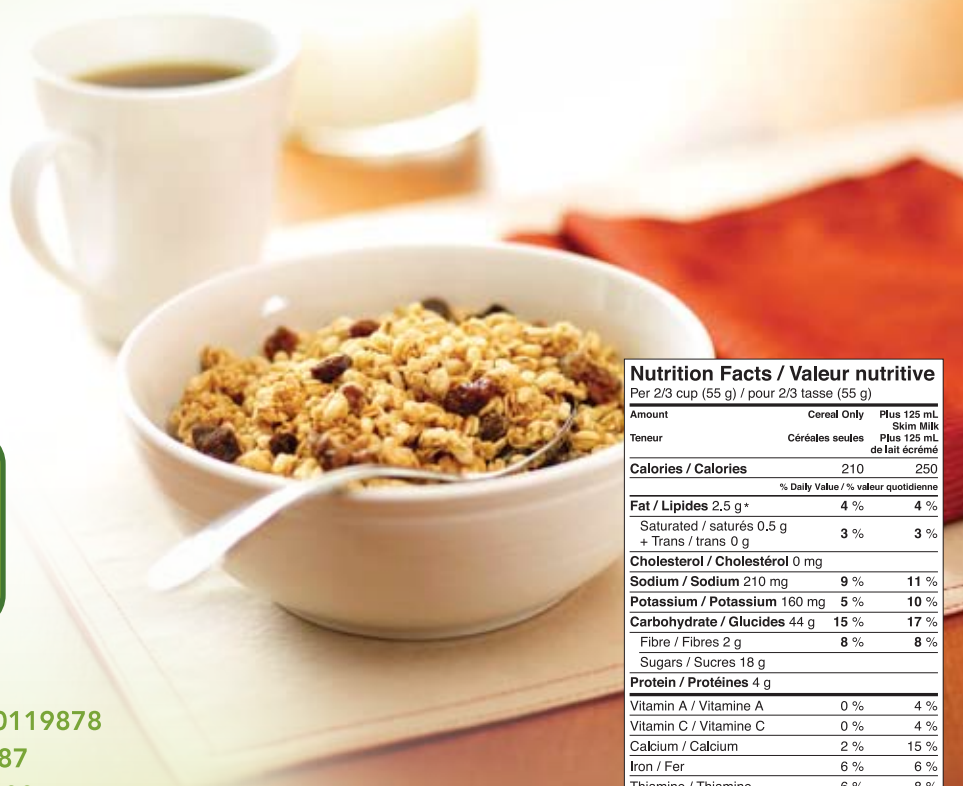




Start the day the natural way with Nature Valley's Low Fat Granola with Fruit

A granola that delivers the variety you need with the nutrition your customers want.

- ✓ Excellent source of whole grain¹
- ✓ Low in fat²
- ✓ Good source of fibre³
- ✓ Naturally cholesterol free
- ✓ Contains raisins, dates, honey, apple puree, cinnamon and crushed oranges
- ✓ Contains no artificial flavours or colours - perfect for the health-conscious!



Nutrition Facts / Valeur nutritive

Amount	Cereal Only	Plus 125 mL Skim Milk
Teneur	Céréales seules	Plus 125 mL de lait écrémé
Calories / Calories	210	250
% Daily Value / % valeur quotidienne		
Fat / Lipides 2.5 g*	4 %	4 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %	3 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 210 mg	9 %	11 %
Potassium / Potassium 160 mg	5 %	10 %
Carbohydrate / Glucides 44 g	15 %	17 %
Fibre / Fibres 2 g	8 %	8 %
Sugars / Sucres 18 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	4 %
Vitamin C / Vitamine C	0 %	4 %
Calcium / Calcium	2 %	15 %
Iron / Fer	6 %	6 %
Thiamine / Thiamine	6 %	8 %
Riboflavin / Riboflavine	2 %	10 %
Phosphorus / Phosphore	15 %	30 %
Magnesium / Magnésium	8 %	10 %
Zinc / Zinc	4 %	8 %
Copper / Cuivre	6 %	6 %

* Amount in cereal only / Teneur pour céréales seules

Add some excitement to your menu:

- Fruit crisp topping
- Ice cream topping
- Yogourt parfait



SCC: 10016000119878
 GM Code: 11987
 Pack Size: 4/1400g
 Distributor Code:
 Ask for this handy jug to keep your cereal fresh!

For more information, please contact: foodservice.canada@genmills.com or visit us at www.generalmillsfoodservice.ca

Atlantic Canada: Ronahan Food Brokers (902) 468-6111
 Quebec: TTS Marketing (514) 457-2080
 Ontario: Total Focus Foodservice Sales & Marketing Inc. (519) 895-2110
 Western Canada: Summit Marketing Canada (604) 523-0332

¹ An excellent source of whole grain is at least 16g per serving. At least 48g recommended daily.
² Contains 2.5g of fat, 0.5g sat. fat, per recommended 55g serving size.
³ A good source of fibre is at least 2.5g per serving of 10% RDV per serving.