

**Food Club**<sup>®</sup>  
SINCE 1945

with added  
**CALCIUM &  
VITAMIN C**

**100%**  
**Apple**  
**JUICE**  
FROM CONCENTRATE  
WITH ADDED INGREDIENT

**120**  
CALORIES  
PER 8 FL OZ

**64 FL OZ (2 QT) 1.89L**

**130%**  
Daily Value of  
**VITAMIN C**  
per serving

**100%**  
**Apple**  
**JUICE**

FROM CONCENTRATE WITH ADDED INGREDIENT

CONTAINS 100% JUICE

**Nutrition Facts**

Serving Size 8 fl. oz. (240mL)  
Servings Per Container 8

**Amount Per Serving**

**Calories** 120

**% Daily Value\***

**Total Fat** 0g **0%**

**Sodium** 35mg **1%**

**Potassium** 260mg **7%**

**Total Carb.** 31g **10%**

Sugars 31g

**Protein** 0g

Vitamin C 130% • Calcium 20%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: FILTERED WATER, APPLE JUICE CONCENTRATE, CALCIUM GLUCONATE, CALCIUM LACTATE, ASCORBIC ACID (VITAMIN C), MALIC ACID.

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TOPCO ASSOCIATES LLC  
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SKOKIE, IL 60077  
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**HI-ME 5¢**

**Food Club**  
SINCE 1945

*Deluxe*  
**BLUEBERRY ALMOND**

*Crisp*

NATURALLY &  
ARTIFICIALLY  
FLAVORED

*A medley of  
real blueberries,  
sliced almonds,  
crunchy oat clusters  
& crisp corn flakes*



KD

PER 1 CUP SERVING

<b>270</b> CALORIES	<b>0.5g</b> SAT FAT 3% DV	<b>250mg</b> SODIUM 10% DV	<b>15g</b> SUGARS	<b>3g</b> FIBER 12% DV
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**NET WT 13.5 OZ (382g)**

**Nutrition Facts**

Serving Size 1 cup (60g)  
Servings Per Package about 6

Amount Per Serving	Cereal	with 1/2 cup skim milk
<b>Calories</b>	270	310
Calories from Fat	60	60

	% Daily Value**	
<b>Total Fat</b> 7g*	11%	11%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 250mg	10%	13%
<b>Potassium</b> 130mg	4%	10%
<b>Total Carb</b> 45g	15%	17%
Dietary Fiber 3g	12%	12%
Sugars 15g		
Other Carb 27g		

Protein 5g		
Vitamin A	20%	25%
Vitamin C	35%	35%
Calcium	0%	15%
Iron	15%	15%
Vitamin D	15%	30%
Thiamin	35%	40%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B6	35%	35%
Folate	35%	35%
Vitamin B12	35%	45%
Phosphorus	6%	15%
Magnesium	6%	10%
Zinc	2%	6%
Copper	0%	0%

\* Amount in cereal. One-half cup skim milk contributes an additional 40 calories, less than 5mg cholesterol, 65mg sodium, 6g total carbohydrate (9g sugars) and 4g protein.

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** DEGERMED CORN MEAL, SUGAR, BLUEBERRIES (BLUEBERRIES, HIGH FRUCTOSE CORN SYRUP, GLYCEROL, SAFFLOWER OIL, CITRIC ACID, CALCIUM LACTATE, POTASSIUM SORBATE, NATURAL BLUEBERRY FLAVOR), ROLLED OATS, ALMONDS, CANOLA OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, RICE, NONFAT DRY MILK, BARLEY MALT EXTRACT, PARTIALLY HYDROGENATED SUNFLOWER OIL, NATURAL AND ARTIFICIAL FLAVOR, HONEY, MOLASSES, SOY LECITHIN.  
**VITAMINS AND MINERALS:** VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE, FERRIC ORTHOPHOSPHATE), VITAMIN A (PALMITATE), NIACIN (NIACINAMIDE), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN D (CHOLECALCIFEROL), VITAMIN B12 (CYANOCOBALAMIN), FOLIC ACID, ZINC (ZINC OXIDE).  
**CONTAINS:** MILK, ALMONDS, SOY.  
**MAY CONTAIN:** WHEAT, PECANS, WALNUTS.

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