



THIS PACKAGE IS SOLD BY WEIGHT. NOT VOLUME. SOME SETTLING OF CONTENTS MAY OCCUR AFTER SHAKING. PLEASE SHAKE WELL BEFORE SERVING. PLEASE RESEAL AFTER EACH USE TO MAINTAIN FRESHNESS AND PREVENT SPILLAGE.

SPECIAL K
Banana
Naturally Flavored with Other Natural Flavors

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PER 1 CUP SERVING
160 CALORIES 1.5g SAT FAT 8% DV 230mg SODIUM 10% DV 9g TOTAL SUGARS

100% Recycled Paperboard

kelloggscereal.com

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LIFT TAB TO OPEN

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50%+ WHOLE GRAIN
16g or more per serving
50% OR MORE OF THE GRAIN IS WHOLE GRAIN

made with REAL Bananas

Banana
Naturally Flavored with Other Natural Flavors
Crunchy Wheat & Rice Flakes with Real Bananas

NET WT 12.8 OZ (362g)

SPECIAL K
Banana
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Nutrition Facts
About 9 servings per container
Serving size 1 Cup (42g)

	Cereal	with 1/4 cup skim milk
Calories	160	230
Total Fat	2.5g 5%	2.5g 5%
Saturated Fat	1.5g 3%	2g 4%
Trans Fat	0g	0g
Polysat. Fat	0g	0g
Monounsatur. Fat	0g	0g
Cholesterol	0mg 0%	5mg 1%
Sodium	230mg 10%	310mg 13%
Total Carb.	35g 13%	44g 16%
Dietary Fiber	3g 11%	3g 11%
Total Sugars	9g 18%	18g 18%
Incl. Added Sugars	9g 18%	9g 18%
Protein	3g	9g
Vitamin D	2.1mcg 10%	4.3mcg 20%
Calcium	10mg 0%	230mg 15%
Iron	11.7mg 60%	11.8mg 60%
Potassium	120mg 2%	400mg 8%
Vitamin A	10%	20%
Vitamin C	10%	10%
Vitamin E	10%	10%
Thiamin	20%	25%
Riboflavin	20%	45%
Niacin	20%	25%
Vitamin B6	20%	25%
Folate (folic acid)	50% (115mcg)	50% (115mcg)
Vitamin B12	20%	50%

Ingredients: Whole grain wheat, rice, sugar, banana chips (bananas, coconut oil, sugar, natural flavor), wheat bran, contains 2% or less of salt, malt flavor, brown sugar syrup, natural flavors.

Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, beta-carotene, vitamin E acetate, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

CONTAINS WHEAT INGREDIENTS.
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Questions or Comments?
VISIT kelloggscereal.com
CALL 1-800-962-1413
(SEE HABLE ESPAÑOL)
PROVIDE PRODUCTION CODE ON PACKAGE.

TO CLOSE INSERT TAB HERE

LEARN MORE AT KFR.COM

Best if used by: Special K® Banana 12.8 oz.

KEEP IT SIMPLE. KEEP IT

EAT WELL
From easy meal ideas to simple food swaps—Everything you need to know about enjoying simple and healthy recipes with real ingredients that taste great.

MOVE MORE
Whether you're looking to start—or refresh—a regular exercise routine, try these easy real-world ways to get more activity into your day.

FEEL GOOD
From being mindful during the workday to turning your bedroom into a sleep sanctuary, find ways to stress less and enjoy life more.

LIVE EASY
Streamline your morning routine. Organize your work desk. Declutter your home. Get totally doable strategies for hacking daily life.

Experience a whole new way to connect with Special K®! Simply scan the code above to unlock a breadth of health and wellness hacks, videos and more to help you stay motivated and well-informed.

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K 153741 002 NLE 16283
Special K® Banana 12.8 oz.

100% Recycled Paperboard

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Naturally Flavored with Other Natural Flavors

