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Home · Our Foods · Cereal · Kashi® Heart to Heart® Honey Toasted Oat Cereal

### Nutrition

Serving Size	3/4 Cup
Calories	120
Total Fat	1.5 g
Sodium	85 mg
Fiber	5 g
Sugar	5 g
Protein	3 g
Whole Grains	14 g
See entire nutrition panel >>	

### Ingredients

Whole Oat Flour, Cane Syrup, Oat Bran, Yellow Corn Flour, Degerminated Yellow Corn Meal, Kashi Seven Whole Grain Flour (Whole: Oats, Hard Red Wheat, Rye, Brown Rice, Triticale, Barley, Buckwheat), Oat Fiber, Honey, Salt, Expeller Pressed Canola Oil, Natural Flavor, Decaffeinated Green Tea Extract, Decaffeinated White Tea Extract, Baking Soda, Ascorbic Acid (Vitamin C), Alpha Tocopherol Acetate, Activin®-Grape Seed Extract, Beta Carotene (Source Of Vitamin A), Ferrous Fumarate, Pyridoxine Hydrochloride (Vitamin B6), Zinc Oxide, Folic Acid, Vitamin B12.

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### Allergens

Contains Wheat Ingredients.

See packaging for current product information

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*Kashi Honey Oat*