

Chex™ Provides Unique Attributes Among Corn and Rice-based Cereals!

- **At least 13g of whole grain per serving**
 - ✓ Compare with other WIC corn and rice cereals!
- **Gluten-Free cereal as labeled on package**
- **No added malt flavor, a gluten containing ingredient**
 - ✓ Learn more about what people avoiding gluten can eat at the Celiac Disease Foundation <https://celiac.org/gluten-free-living/gluten-free-foods/>
- **Perfect plain with milk, added fruit, or as a snack**
 - ✓ Find delicious Chex snack mix recipes here! <https://www.chex.com/recipes>

