

[illegible]

VERSION 1

SEASONAL MIXED FLOWER BOUQUET

ASSORTED COLOURS

15⁰⁰ ea.

10 DAY GUARANTEE

ADRIANITA SERRANO

OPPOSITE OF VANILLA

100% CANADIAN

125 points

10⁹⁹ /lb or ea.

FRESH STEELHEAD TROUT OR TILAPIA FILLETS VALUE PACK

100% CANADIAN

125 points

8⁸⁸ /lb

PLATINUM COTILLI BRISIO

TOP SIRLOIN STEAK VALUE PACK OR ROAST

100% CANADIAN

125 points

2⁴⁹ /100 g

SELECTION OLD FASHIONED HAM

100% CANADIAN

125 points

2⁹⁹ /lb

FRESH WHOLE CHICKEN

100% CANADIAN

125 points

5⁹⁹ ea.

FRONT STREET BAKERY

CHICKEN STRIPS

125 points

6⁹⁹ ea.

SWISS CHALET

CHICKEN POULET

125 points

6⁹⁹ ea.

CRISPY MINIS

CHEDDAR

1⁹⁹ ea.

QUAKER CRISPY MINIS, RICE CAKES, CHEDDAR

125 points

4⁹⁹ ea.

POST OR JORDAN'S CEREAL

125 points

4⁹⁹ ea.

BLACK DIAMOND

MARBLE - MARBRE

125 points

4⁹⁹ ea.

CLASSICO

CLASSICO PASTA SAUCE

125 points

2⁹⁹ ea.

McCaïn

Superfries

125 points

2⁹⁹ ea.

Cashmere

Sponge Towels

125 points

6⁹⁹ ea.

Pampers

Huggies

125 points

29⁹⁹ ea.

Coca-Cola

PEPSI

125 points

7⁴⁹ ea.

Effective February

19

20

21

22

23

24

25

2026

my savings my metro

**LOW PRICE
EVERY DAY**
100% of items at the same low price every day.

Irresistible
Gusto Italiano
Irresistible PIZZA
12 INCH, 300 - 400g
SELECTED VARIETIES

NOW **3.99** ea.

SELECTION
PEANUT BUTTER
1.5L JARS
SELECTED VARIETIES

NOW **4.99** ea.

SKYR
Irresistibles SKYR GREEK YOGURT
1.5L JARS
SELECTED VARIETIES

NOW **3.49** ea.

Irresistible
REFRIGERATED JUICE
1.5L
SELECTED VARIETIES

NOW **4.99** ea.

SELECTION OR
Irresistible
SPARKLING WATER
1.5L
SELECTED VARIETIES

NOW **99¢** ea.

Irresistible
CHICKEN
POUL
Irresistible
VEGETABLE
LEGUMES
Irresistible
SPRING ROLLS
12 INCH, 300 - 400g
SELECTED VARIETIES

NOW **5.99** ea.

\$ New Lower Prices



i earn with **moi** rewards



We reserve the right to limit quantities.
DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.
SOME PHOTOS MAY NOT BE AVAILABLE IN ALL STORES.

We accept Visa, MasterCard and American Express at most stores.

Visit us at: metro.ca
Give us your opinion for a chance to win \$1000.

[illegible]

moi
rewards

SAVE BIG IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:
Only until February 25, 2026, in-store or online



NOW
5⁹⁹
ea.
SAVE UP TO
\$2

7⁹⁹*
ea.
IRRESISTIBLES
COFFEE CAPSULES
12 UN.
SELECTED VARIETIES



NOW
2⁹⁹
ea.
SAVE UP TO
\$1.30

4²⁹*
ea.
RICEWORKS
RICE SNACKS
155 - 156 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$2

5⁹⁹*
ea.
SUMMI! DUMPLING
OR SPRINGROLLS
250 - 350 g
SELECTED VARIETIES



NOW
7⁴⁹
ea.
SAVE UP TO
\$2.50

9⁹⁹*
ea.
OONI
FROZEN
PIZZA DOUGH
1.02 kg



NOW
4⁹⁹
ea.
SAVE UP TO
\$2.50

7⁴⁹*
ea.
WINDEX
CLEANERS
750 - 950 ml
SELECTED VARIETIES



NOW
4⁹⁹
ea.
SAVE UP TO
\$2

6⁹⁹*
ea.
M&M'S
CHOCOLATES
155 - 165 g
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a mailD account. Limit of one coupon redemption with a mailD account, unless expressly stated otherwise in the terms of the offer.
Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details. *Price may vary at select locations.

contest
until March 11th

my
brands &
moi

total of
20
million
points
to be won

participate by purchasing two
products from these brands

Selection ✓

Irresistible

Personnelle

5
prizes

1,000,000 points
value of \$8,000 each

30
prizes

500,000 points
value of \$4,000 each

*No purchase required. From February 12 to March 11, 2026. Contest rules at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce

BLACKBERRIES 1lb
PRODUCT OF MEXICO

Frooties
FRESH FROSTED
STRAWBERRY FRUIT MIX 1lb
PRODUCT OF MEXICO

SWEET POTATOES
PRODUCT OF MEXICO
4.25kg

ASPARAGUS
PRODUCT OF MEXICO
1.50kg

LEMONS
PRODUCT OF SOUTH AFRICA

LARGE SEEDLESS
NAVEL ORANGES
PRODUCT OF U.S.A.
4.25kg

BELLE GROVE
MUSHROOMS
PRODUCT OF U.S.A.
PRODUCT OF MEXICO

BUNCH RADISHES
PRODUCT OF CANADA

LARGE AVOCADOS
PRODUCT OF MEXICO

LARGE GRANNY
SMITH APPLES
PRODUCT OF U.S.A.
5.45kg

HEIRLOOM TOMATOES
PRODUCT OF MEXICO
8.35kg

GREEN CABBAGE
PRODUCT OF CANADA
2.35kg

BLACK MISSION
FIGS 1lb
PRODUCT OF MEXICO

LARGE CARA CARA
ORANGES
PRODUCT OF U.S.A.
6.50kg

BUNCH BEETS
PRODUCT OF U.S.A.

SWEET ONIONS
PRODUCT OF U.S.A.
No. 7000

LIFE SMART
ORIGINAL VEGGIE
GROUND ROUND 1lb

SNOW OR SUGAR
SNAP PEAS
1lb

GOOD LEAF
MICROGREENS
1lb

VISION GREENS
LETTUCE
1lb

FANCY
MELANGE POTATOES
1lb

Organic

Fierly Ginger
IMMUNITY PACK
13.99 ea.

ORGANIC WELLNESS SHOTS
1lb

ORGANIC GALA APPLES
PRODUCT OF U.S.A. 1.50kg

ORGANIC
SWEET PEPPERS 1lb
PRODUCT OF MEXICO

ORGANIC
CARROTS OR YELLOW
ONIONS 1lb
PRODUCT OF CANADA OR U.S.A.

Sliced & Diced

YOGURT PARFAITS 1lb
DELICIOUS FRUIT SALAD 1lb
SLICED STRAWBERRIES 1lb

CHICKEN SALADS
LARGE MELON
CROUNDS 1lb

FRUIT & CHEESE PLATTERS
1lb

SPRING BOULES
1lb

SPRINGTIME BOUQUET
1lb

Our Butcher's Finest

GROUND BEEF
VALUE PACK
17.00kg

7⁹⁹
/lb

GROUND BEEF
H-STORE
DAILY

4⁹⁹
/lb

PRIME
WITHOUT
ANTHONY'S

125
points

12⁹⁹
/lb

MAPLE LEAF PRIME REARED WITHOUT ANTI-BIOTICS FRESH
CHICKEN BREAST FILLETS OR CUTLETS
28.64kg

20⁹⁹
/lb

LIFE SMART NATURAL GRASS FED BONELESS RIB STEAK
4.27kg

20⁹⁹
/lb

THE BEEF TRI TIP

Tri tip is a lean, boneless bottom sirloin cut with bold beef flavor and good marbling. It's ideal for grilling, roasting, or smoking and is best sliced thin against the grain for steaks, sandwiches, or tacos.

DISCOUNT
NEW

RED GRILL
TRI TIP STEAK
26.43kg

11⁹⁹
/lb

RED GRILL
TRI TIP MEDALLIONS
28.64kg

12⁹⁹
/lb

RED GRILL
TRI TIP TRI TIP
26.43kg

10⁹⁹
/lb

I earn with moi rewards

MAPLE ANGLED
FULLY COOKED CHICKEN
BREAST BITES (10)

4⁹⁹
ea.

40
points

LIFE SMART NATURAL
BACON (10)

5⁹⁹
ea.

60
points

IRRESISTIBLE
PORK TENDERLOIN (10)

6⁹⁹
ea.

80
points

LOU'S
BEEF POT ROAST
(10)

8⁹⁹
ea.

85
points

MAPLE LOOSE
ULTIMATE CHICKEN
WINGS OR
JUMBO WINGS (10)

5⁹⁹
ea.

40
points

KELSEYS
ORIGINAL
ROADHOUSE PORK BACK RIBS
(10)

12⁹⁹
ea.

125
points

SCHNEIDER'S
DIPS
(10)

13⁹⁹
ea.

125
points

PINTY'S
CHICKEN
WINGS
(10)

16⁹⁹
ea.

125
points

IRRESISTIBLE
LEAN ENTREES
(10)

5⁴⁹
ea.

70
points

IRRESISTIBLE
PORK RIBS
(10)

8⁹⁹
ea.

125
points

IRRESISTIBLE
SHERIDAN'S PHE
(10)

8⁹⁹
ea.

125
points

IRRESISTIBLE
PORK RIB SLIDERS
(10)

11⁹⁹
ea.

125
points

LEVESQUE
PORK
SHOULDER
(10)

3⁹⁹
/lb

POGO
PORK
(10)

4⁹⁹
ea.

MCLEAN ORGANIC
BREAKFAST SAUSAGES
(10)

7⁹⁹
ea.

SCHNEIDER'S
JAWY JAMMIES OR
SMOKED JAMMIES
(10)

8⁹⁹
ea.

Seafood



Irresistible



Deli Favourites



Sweeten Up With Maple

Donat 1/2 Donat MAPLE PECAN OR SUGAR MAPLE STRUMPIES 300-400g Donat 1/2 Donat MAPLE STRUMPIE PIE 100g 10⁹⁹ ea.	FRONT STREET BAKERY OUR ABSOLUTE FIRST FRONT STREET BAKERY HALF CAKE 100-150g FRONT STREET BAKERY COOKIE BITES 100-150g 16⁹⁹ ea.
FRONT STREET BAKERY IRRESISTIBLE MAPLE COFFEE CAKE 100-150g FRONT STREET BAKERY SELECTION SLICED MAPLE CAKE 50g 10⁹⁹ ea.	FRONT STREET BAKERY HALF CAKE 100-150g FRONT STREET BAKERY CREAM BAR CAKES 100-150g 11⁹⁹ ea.
FRONT STREET BAKERY CHEESE STICKS 100-150g FRONT STREET BAKERY CHEESE BUNS 100-150g 5⁹⁹ ea.	FRONT STREET BAKERY SELECTION SLICED MAPLE CAKE 50g FRONT STREET BAKERY CREAM BAR CAKES 100-150g 11⁹⁹ ea.
FRONT STREET BAKERY CHEESE STICKS 100-150g FRONT STREET BAKERY CHEESE BUNS 100-150g 5⁹⁹ ea.	FRONT STREET BAKERY CREAM BAR CAKES 100-150g FRONT STREET BAKERY SELECTION SLICED MAPLE CAKE 50g 11⁹⁹ ea.
FRONT STREET BAKERY CHEESE STICKS 100-150g FRONT STREET BAKERY CHEESE BUNS 100-150g 5⁹⁹ ea.	FRONT STREET BAKERY CREAM BAR CAKES 100-150g FRONT STREET BAKERY SELECTION SLICED MAPLE CAKE 50g 11⁹⁹ ea.
FRONT STREET BAKERY CHEESE STICKS 100-150g FRONT STREET BAKERY CHEESE BUNS 100-150g 5⁹⁹ ea.	FRONT STREET BAKERY CREAM BAR CAKES 100-150g FRONT STREET BAKERY SELECTION SLICED MAPLE CAKE 50g 11⁹⁹ ea.
FRONT STREET BAKERY CHEESE STICKS 100-150g FRONT STREET BAKERY CHEESE BUNS 100-150g 5⁹⁹ ea.	FRONT STREET BAKERY CREAM BAR CAKES 100-150g FRONT STREET BAKERY SELECTION SLICED MAPLE CAKE 50g 11⁹⁹ ea.

metro.ca

UP TO
33%
OFF

YOUR
FIRST 3 ORDERS*



Shop Offer

*\$25 off your first 3 online orders of \$75 or more. For new customers only.
Certain conditions apply. Details on metro.ca

More Great Savings



449
ea.

QUAKER
INSTANT OATMEAL
CREAM OF WHEAT
HOT CEREAL 10 1/2 oz



999
ea.

MINI-WHEATS
KELLOGG'S JIMBO
CEREAL 10 1/2 oz



849
ea.

FROSTED
FLAKES
KELLOGG'S JIMBO
CEREAL 10 1/2 oz



599
ea.

Mac & Cheese
KRAFT
BUTTER SPREAD 10 1/2 oz



599
ea.

Mac & Cheese
KRAFT
BUTTER SPREAD 10 1/2 oz



249
ea.

Ben's Originals
Ben's Originals
BEN'S ORIGINALS
RICE 10 1/2 oz



349
ea.

AYLMER
SOUP 10 1/2 oz
Aylmer
Soup 10 1/2 oz



799
ea.

AYLMER
SOUP 10 1/2 oz
Aylmer
Soup 10 1/2 oz



349
ea.

MRS. CUBBISON'S ORZO
SOUP 10 1/2 oz
Mrs. Cubbison's Orzo
Soup 10 1/2 oz



449
ea.

HIDDEN VALLEY
RANCH
DRESSING 10 1/2 oz
Hidden Valley
Ranch Dressing 10 1/2 oz



1599
ea.

FILIPPO BERIO
EXTRA VIRGIN
OLIVE OIL 10 1/2 oz
Filippo Berio
Extra Virgin Olive Oil 10 1/2 oz



299
ea.

BERTOLLI
WINE VINEGAR
10 1/2 oz
Bertolli
Wine Vinegar 10 1/2 oz



599
ea.

NATREL
ORGANIC CREAM
10 1/2 oz



749
ea.

NATREL
ORGANIC CREAM
10 1/2 oz



499
ea.

NATREL
ORGANIC CREAM
10 1/2 oz



899
ea.

NATREL
ORGANIC CREAM
10 1/2 oz



649
ea.

EARTH'S OWN
CREAM
10 1/2 oz



549
ea.

EARTH'S OWN
CREAM
10 1/2 oz



279
ea.

EARTH'S OWN
CREAM
10 1/2 oz



1799
ea.

EARTH'S OWN
CREAM
10 1/2 oz

Learn with moi rewards



499
ea.

SANTITAS
CREAM
10 1/2 oz



899
ea.

STOK
COFFEE BEVERAGE
10 1/2 oz



399
ea.

BITTER SPORT
CHOCOLATE BARS
10 1/2 oz



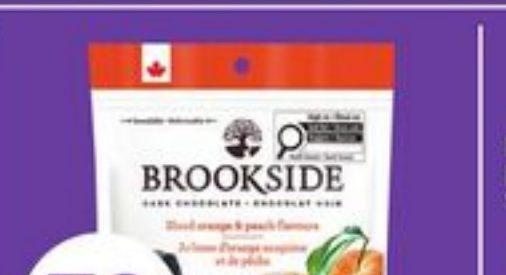
499
ea.

GENERAL MILLS
CEREAL
10 1/2 oz



499
ea.

TIM TAM
COOKIES 10 1/2 oz



599
ea.

BROOKSIDE
DARK CHOCOLATE 10 1/2 oz



399
ea.

PURPLEFII
SNACKING
POPCORN 10 1/2 oz



399
ea.

FIJI
NATURAL SPRING WATER
10 1/2 oz



299
ea.

BAI
FLAVOURED BEVERAGE
10 1/2 oz



179
ea.

SELECTION
WAFERS
10 1/2 oz



299
ea.

REESE'S
PEANUT BUTTER CUPS
10 1/2 oz



549
ea.

CELESTIAL
TEA
10 1/2 oz

Scan. Tap. Smile.

Earn extra Moi points[‡] by using a linked RBC® Card.

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[‡]Terms and conditions apply. Minimum spend required.
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FLAVOURS OF

Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

INDIA GATE ROZANA OR QILLA PREMIUM BASMATI RICE OR CEDAR PARBOILED RICE 4.54 kg SELECTED VARIETIES

12⁹⁹ ea.

Qilla RASAMATI RICE

Cedar

19⁹⁹ ea.

EGGLESS CAKE VANILLA OR CHOCOLATE 200 g

2⁹⁹ ea.

Zabba Halal

FRESH WHOLE CHICKEN 8.55kg

2⁹⁹ ea.

SUPREMO

125 points

8⁹⁹ ea.

BORNA DATES PRODUCE OF IRAN 400 g

2⁹⁹ ea.

INTERMEDIATE ROSES 10 TO 100 BUNCH ASSORTED COLOURS

2⁰⁰ ea.

SUPREMO

9⁹⁹ ea.

WHOLE TILAPIA FAMILY PACK FROZEN 1.50 kg

12⁹ ea.

BORNA DATES PRODUCE OF IRAN 400 g

13⁹⁹ ea.

SUPREMO

9⁹⁹ ea.

CASABLANCA BATEL DRINKS OR SURATT CHIPS 250 ML 6 PKG SELECTED VARIETIES

13⁹⁹ ea.

SHIR OR MEERA BESAN OR BHAR'S CORN FLOUR 1.11 kg SELECTED VARIETIES

4⁹⁹ ea.

ROYAL DELIGHT SAMOSAS, MANGI SAUCES OR DESH LICIOUS ENTREES 85 g, 100 g, 150 g SELECTED VARIETIES

3⁴⁹ ea.

CEDAR DRY BEANS, CHANNA, BOROOL, OR SAMOOLNA 400 g SELECTED VARIETIES

2⁹⁹ ea.

LATZEE SPRING ROLLS 400 g SELECTED VARIETIES

3²⁹ ea.

ALKANUTES OR CEDAR TAHINI OR PROVENCA HONEY 200, 300 g SELECTED VARIETIES

8⁹⁹ ea.

INDIANE INSTANT NOODLES 5 x 85 g SELECTED VARIETIES

2⁹⁹ ea.

SHIVA ENTREES 200, 250 g SELECTED VARIETIES

1⁷⁹ ea.

PAULE RUSSES OR NATIONAL CUSTARD 227, 300 g SELECTED VARIETIES

1⁷⁹ ea.

KURKURE CHIPS 175 g SELECTED VARIETIES

1⁷⁹ ea.

BHAR'S SAMOSA 175 g SELECTED VARIETIES

5⁹⁹ ea.

CEDAR KASHTI OR PHULLO PASTRY DOUGH, DASH OR SPINACH, OR STUFFED VINE LEAVES 250, 280 g SELECTED VARIETIES

2⁹⁹ ea.

BEST MISTERS, DIVYA MANGO PULP OR NORDEX KASHTA CREAM 15, 20, 25, 30 g SELECTED VARIETIES

3²⁹ ea.

DIVYA LENTILS OR BLACK CHICK PEAS 1.8, 2.0 kg SELECTED VARIETIES

3⁹⁹ ea.

Item availability varies by store.

Organic

REAL FRUIT

IS THE #1 INGREDIENT

CROFTER'S JAM

25.25 OZ. SELECTED VARIETIES

5⁹⁹

ea.

CROFTER'S JAM

25.25 OZ. SELECTED VARIETIES

MADE IN CANADA

SINCE 1929

BRAGG APPLE CIDER VINEGAR

125 FL. OZ.

9⁹⁹

ea.

Enjoy!

ENJOY! CHEESE

25.25 OZ. SELECTED VARIETIES

4⁹⁹

ea.

WILLIAM

CAFÉ WILLIAM GROUND COFFEE

15.99 OZ. SELECTED VARIETIES

15⁹⁹

ea.

WILLIAM'S

WILLIAM'S DRESSING

8.49 OZ. SELECTED VARIETIES

8⁴⁹

ea.

LAKELAND

LAKEWOOD JUICE

12.99 OZ. SELECTED VARIETIES

12⁹⁹

ea.

AMY'S SOUP

AMY'S SOUP

4.99 OZ. SELECTED VARIETIES

4⁹⁹

ea.

Gluten-Free

KIND

KIND GRANOLA BARS

1.79 OZ. SELECTED VARIETIES

1⁷⁹

ea.

TATE'S

TATE'S COOKIES

7.99 OZ. SELECTED VARIETIES

7⁹⁹

ea.

MARY'S ORGANIC

MARY'S CRACKERS

5.99 OZ. SELECTED VARIETIES

5⁹⁹

ea.

CoolWay

COOL WAY KETO BARS

8.49 OZ. SELECTED VARIETIES

8⁴⁹

ea.

Plant-Based

YOGGUR! YOGURT

7.99 OZ. SELECTED VARIETIES

7⁹⁹

ea.

BLUE DIAMOND BEVERAGES

ALMOND BREW

2.99 OZ. SELECTED VARIETIES

2⁹⁹

ea.

100% plant-based. Even if you're not.

Daiya

Daiya PIZZA

9.99 OZ. SELECTED VARIETIES

9⁹⁹

ea.

Baby & Beauty

ONCE UPON A FARM BABY PUREE

4.49 OZ. SELECTED VARIETIES

4⁴⁹

ea.

HUGGIES

HUGGIES BABY WIPES

23.99 OZ. SELECTED VARIETIES

23⁹⁹

ea.

HERBAL ESSENCES

HERBAL ESSENCES BODY WASH

3.99 OZ. SELECTED VARIETIES

3⁹⁹

ea.

OLD SPICE

OLD SPICE BODY WASH

9.99 OZ. SELECTED VARIETIES

9⁹⁹

ea.

DOVE BAR SOAP

DOVE BAR SOAP

11.99 OZ. SELECTED VARIETIES

11⁹⁹

ea.

TAMPAX

TAMPAX SANITARY TAMPONS

12.99 OZ. SELECTED VARIETIES

12⁹⁹

ea.

LYSOL DISINFECTING WIPES

LYSOL TOILET CLEANERS

6.99 OZ. SELECTED VARIETIES

6⁹⁹

ea.

SCOTTIES

SCOTTIES FACIAL TISSUE

6.99 OZ. SELECTED VARIETIES

6⁹⁹

ea.

DOOLITY

DOOLITY DISINFECTANT

6.99 OZ. SELECTED VARIETIES

6⁹⁹

ea.

CASCADE

CASCADE DISINFECTANT

6.99 OZ. SELECTED VARIETIES

6⁹⁹

ea.

GLADE

GLADE AIR FRESHENER

7.99 OZ. SELECTED VARIETIES

7⁹⁹

ea.

Get a \$15 Metro gift card

with the purchase of a \$100 Vanilla® Prepaid card

Offer valid February 19 – 25

Find your possible.

Play Today

LOTTO 6/49

11 APRIL 2025 \$3.00

LESS SUGAR. SAME GREAT MORNING.



Kellogg's
VERY HIGH
FIBRE
MADE WITH 100% WHOLE GRAIN

NEW
MINI WHEATS!
LOW SUGAR

5g
SUGAR
per 54g serving

LIGHTLY FROSTED
ORIGINAL

150g

**5g
SUGAR**
per 54 g serving

KELLOGG'S
MINI WHEATS CEREAL
45% AND
SELECTED VARIETIES

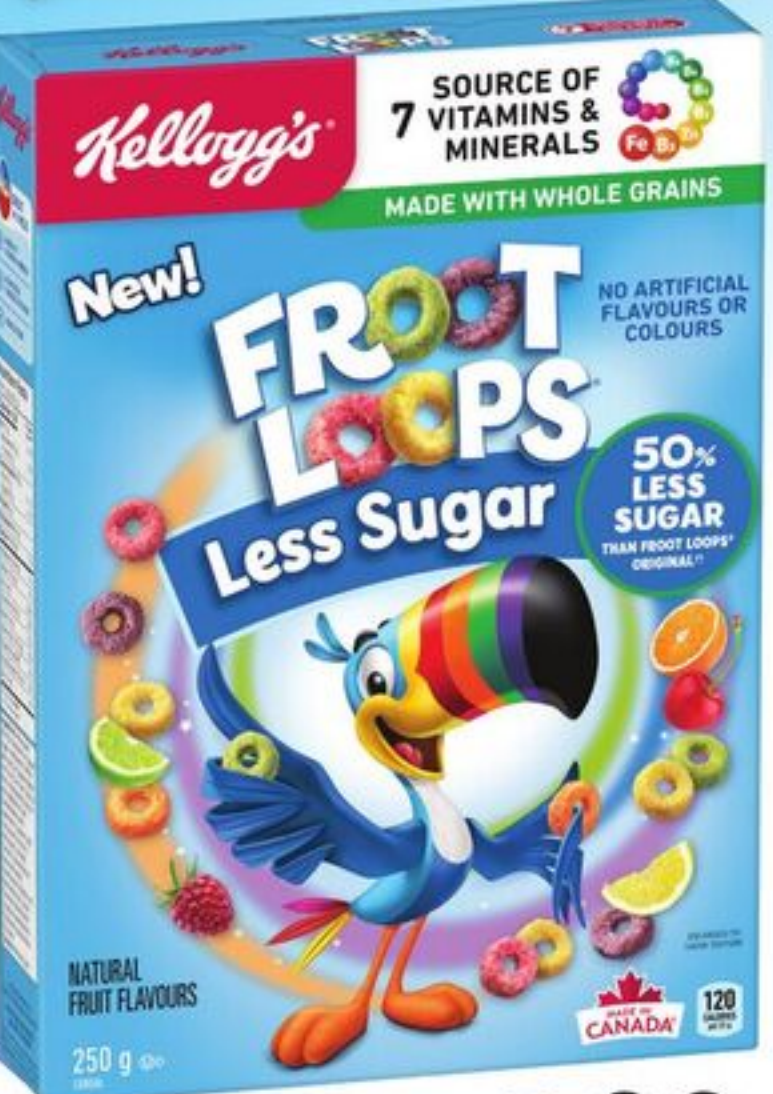
4⁹⁹
ea.

© 2026 WK Kellogg Canada Corp.

NEW

Less Sugar

**50%
LESS
SUGAR[†]**



Kellogg's
SOURCE OF
7 VITAMINS &
MINERALS
MADE WITH WHOLE GRAINS

New!
**FRUIT
LOOPS**
Less Sugar

NO ARTIFICIAL
FLAVOURS OR
COLOURS

50%
LESS
SUGAR
per 54g serving

NATURAL
FRUIT FLAVOURS

250g



Kellogg's
SOURCE OF
10 VITAMINS &
MINERALS
MADE WITH WHOLE GRAIN

New!
**Multigrain
FROSTED
FLAKES**
Less Sugar

50%
LESS
SUGAR
per 54g serving

250g

3⁹⁹
ea.

KELLOGG'S FRUIT LOOPS OR
MULTIGRAIN FROSTED FLAKES CEREAL
250 - 338 g
SELECTED VARIETIES

[†] When Kellogg's Frosted Flakes® Original or Kellogg's® Frost Loops® Original, Kellogg's® Frosted Flakes® Less Sugar Multigrain cereal contains 2 g sugar per 41 g serving and Kellogg's Frosted Flakes® Original cereal contains 14 g sugar per 38 g serving. Kellogg's® Frost Loops® Less Sugar cereal contains 8 g sugar per 33 g serving and Kellogg's® Frost Loops® Original cereal contains 14 g sugar per 38 g serving.
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