Cereals

Oatmeal Packs, Cinnamon & Spice

Oatmeal Packs, Maple & Brown Sugar

Oatmeal Packs, Apples & Cinnamon

Cereal, Bowl Packs, Frosted Mini Wheat

Cereal, Bowl Packs, Raisin Bran

Cereal, Bowl Packs, Crispix

Cereal, Bowl Packs, Cheerios

Cereal, Bowl Packs, Rice Krispies

Cereal, Bowl Packs, Kix

Oats, Steel Cut

Granola

goodness, heart health benefits and delicious taste of Quaker Instant Oatmeal.

3 grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 1 gram per serving.

Nutrition Facts

Serving Size 1 Packet (46 g)
Servings Per Container 1
Calories 170
Fat Cal 25

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

Amount Per Serving	% DV*	Amount Per Serving	% D
Total Fat 2.5g	4%	**Potassium** 130mg	4
Sat Fat 0.5g	2%	**Total Carb** 34g	11
Trans Fat 0g		Fiber 3g	12
Polyunsat Fat 0.5g		Sol Fiber 1g	
Monounsat Fat 1g		Sugars 12g	
Cholest 0mg	0%	**Protein** 4g	
Sodium 220mg	9%		

Vitamin A 15% • Vitamin C 0% • Calcium 10% • Iron 2
Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B6 2
Folic Acid 20% • Phosphorus 15% • Magnesium 1

Ingredients: Whole grain rolled oats, sugar, salt, cinnamon and other spices, calcium carbonate, guar gu flour, caramel color, niacinamide*, reduced iron, vitamin A palmitate, pyridoxine hydrochloride*, riboflavi thiamin mononitrate*, folic acid*.
*One of the B vitamins.

MAKE WITH HOT WATER OR MILK
1. Empty packet into bowl or cup.
2. Add up to 1/2 cup hot milk or boiling water; stir.

MAKE IN MICROWAVE*
1. Empty packet into microwave-safe bowl or
2. Add up to 2/3 cup water or milk. Microwave on HIGH 1 to 2 minutes; stir.
*Microwave ovens vary. Adjust time as needed.

DISTRIBUTED BY THE QUAKER OATS COMPANY
P.O. BOX 049003, CHICAGO, IL 60604-9003, U.S.A.
FOR THICKER OATMEAL, USE LESS

Questions or Comments? Call 1-800-555-OATS (1-800-555-6287) Please have package available when calling.
¿Preguntas o Comentarios? Llame al 1-800-570-6719 Le atenderemos en español.
Visit us at www.quakeroats.com
75-217
327521

Ing #903751
1.62oz
46gm

goodness, heart health benefits and delicious taste of Quaker Instant Oatmeal.

3 grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 1 gram per serving.

Nutrition Facts

Serving Size 1 Packet (35 g)
Servings Per Container 1
Calories 130
Fat Cal 15

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

Amount Per Serving	% DV*	Amount Per Serving	% D
Total Fat 1.5g	2%	**Potassium** 105mg	3
Sat Fat 0g	0%	**Total Carb** 27g	9
Trans Fat 0g		Fiber 3g	11
Polyunsat Fat 0.5g		Sol Fiber 1g	
Monounsat Fat 0.5g		Sugars 12g	
Cholest 0mg	0%	**Protein** 3g	
Sodium 170mg	7%		

Vitamin A 25% • Vitamin C 0% • Calcium 10% • Iron 20
Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B6 20
Folic Acid 25% • Phosphorus 8% • Magnesium 6

Ingredients: Whole grain rolled oats, sugar, dehydrated apples (treated with sodium sulfite to promote color ret salt, cinnamon, calcium carbonate, natural and artificial flavor, oat flour, citric acid, guar gum, niacinamide*, red iron, vitamin A palmitate, pyridoxine hydrochloride*, riboflavin*, thiamin mononitrate*, folic acid*.
*One of the B vitamins.

MAKE WITH HOT WATER OR MILK
1. Empty packet into bowl or cup.
2. Add up to 1/2 cup hot milk or boiling water; stir.

MAKE IN MICROWAVE*
1. Empty packet into microwave-safe bowl or
2. Add up to 2/3 cup water or milk. Microwave on HIGH 1 to 2 minutes; stir.
*Microwave ovens vary. Adjust time as needed.

1.23 oz (35gm)
Ing #903752

taste of Quaker Instant Oatmeal

3 grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 1 gram per serving.

Nutrition Facts

Serving Size 1 Packet (43 g)
Servings Per Container 1
Calories 160
Fat Cal 20

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

Amount Per Serving	% DV*	Amount Per Serving
Total Fat 2g	3%	**Potassium** 115mg
Sat Fat 0g	0%	**Total Carb** 32g
Trans Fat 0g		Fiber 3g
Polyunsat Fat 0.5g		Sol Fiber 1g
Monounsat Fat 1g		Sugars 12g
Cholest 0mg	0%	**Protein** 4g
Sodium 260mg	11%	

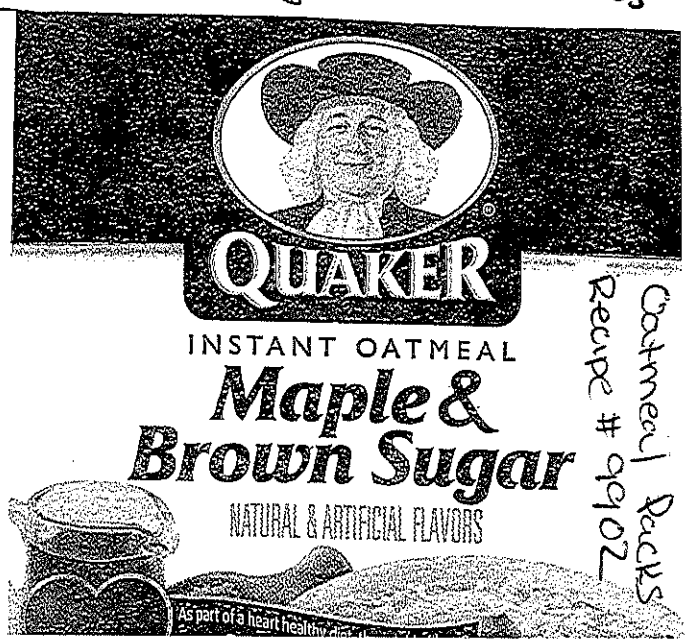
Vitamin A 15% • Vitamin C 0% • Calcium 10% • Iron
Thiamin 25% • Riboflavin 20% • Niacin 20% • Vitamin B6
Folic Acid 20% • Phosphorus 10% • Magnesium

Ingredients: Whole grain rolled oats, sugar, natural and artificial flavor, salt, calcium carbonate, guar g flour, caramel color, niacinamide*, reduced iron, vitamin A palmitate, pyridoxine hydrochloride*, ribofl thiamin mononitrate*, folic acid*.
*One of the B vitamins.

MAKE WITH HOT WATER OR MILK
1. Empty packet into bowl or cup.
2. Add up to 1/2 cup hot milk or boiling water; stir.

MAKE IN MICROWAVE*
1. Empty packet into microwave-safe bowl
2. Add up to 2/3 cup water or milk. Microwave on HIGH 1 to 2 minutes; stir.
*Microwave ovens vary. Adjust time as needed.

Ing #903754
1.50z



Oatmeal Packs
Recipe # 9902

Cereal, Bowl Packs
Recipe #9803

Kellogg's Raisin Bran

TWO SCOOPS!®

Nutrition Facts

Serving Size 3/4 Cup (35g)
Calories 110
Calories from Fat 5
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	2%	Cholesterol 0mg	0%	Fiber 4g	16%
Sat. Fat 0g	0%	Sodium 210mg	9%	Sugars 11g	
Trans Fat 0g		Total Carb. 27g	9%	Protein 3g	

Vitamin A 6% • Vitamin C 0% • Calcium 0% • Iron 15%
Vitamin D 8% • Thiamin 15% • Riboflavin 15% • Niacin 15%
Vitamin B_6 15% • Folic Acid 15% • Vitamin B_{12} 15%
Phosphorus 10% • Magnesium 15% • Zinc 6% • Copper 6%

Ingredients: Whole wheat, raisins, wheat bran, sugar, high fructose corn syrup, salt, malt flavoring, niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), thiamin hydrochloride (vitamin B_1), vitamin A palmitate, folic acid, vitamin B_{12} and vitamin D. CONTAINS WHEAT INGREDIENTS.

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Battle Creek, MI 49016 USA
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K-0086B/K114022 030 NLI# 00470

PULL-UP TAB

NET WT. 1 1/4 OZ. (35g)

0 38000 00861 0

Consumers: Visit Kelloggs.com or call 1-800-962-1413

Ing #901010

Kellogg's Honey Nut Cheerios®

With Whole Grain

*Good source of whole grain. At least 8 grams of whole grain per serving. At least 48 grams recommended daily.

Sweetened Whole Grain Oat Cereal With Real Honey and Natural Almond Flavor

Nutrition Facts

Serv. Size1 bowl (28g)
Calories 110
Fat Cal. 15
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 1.5g	2%	Total Carb. 22g	7%
Sat. Fat 0g	0%	Fiber 2g	8%
Trans Fat 0g		Sugars 9g	
Cholest. 0mg	0%	Other Carb. 11g	
Sodium 190mg	8%	Protein 3g	
Potassium 115mg	3%		

Vitamin A 10% • Vitamin C 10% • Calcium 10% • Iron 25% • Vitamin D 10% • Thiamin 25% • Riboflavin 25% • Niacin 25% • Vitamin B_6 25% • Folic Acid 50% • Vitamin B_{12} 25% • Phosphorus 10% • Magnesium 8% • Zinc 25%

INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, MODIFIED CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, CALCIUM CARBONATE, TRIPOTASSIUM PHOSPHATE, CANOLA AND/OR RICE BRAN OIL, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), NATURAL ALMOND FLAVOR, VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN), VITAMIN B_1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B_{12}, VITAMIN D, WHEAT FLOUR. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. CONTAINS ALMOND AND WHEAT INGREDIENTS.

CHILD NUTRITION PROGRAM: 1 BOWL PAK = 1 BREAD EQUIVALENT

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COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.
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May be mfg. under U.S. Pat. Nos. 5,523,109; 5,433,490; 5,968,572

Ⓤ NET WT 1 OZ (28g)

SELF-SERVE BOWL

Kellogg's Frosted Mini-Wheats® Bite Size

Lightly Sweetened Whole Grain Wheat Cereal

Nutrition Facts

Serving Size 3/4 Cup (28g)
Calories 100
Calories from Fat 0
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Cholesterol 0mg	0%	Fiber 3g	12%
Sat. Fat 0g	0%	Sodium 0mg	0%	Sugars 6g	
Trans Fat 0g		Total Carb. 23g	8%	Protein 3g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 40%
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B_6 10%
Folic Acid 10% • Vitamin B_{12} 10% • Phosphorus 8% • Magnesium 8%
Zinc 4% • Copper 4%

Ingredients: Whole grain wheat, sugar, high fructose corn syrup, gelatin, reduced iron, niacinamide, [illegible] oxide, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), thiamin hydrochloride (vitamin B_1), [illegible] acid, and vitamin B_{12}. CONTAINS WHEAT INGREDIENTS.

K-0496P / K 112381 014 NLI# 00523

[illegible]uted by Kellogg Sales Co.
[illegible]tle Creek, MI 49016 USA
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[illegible]T WT 1 OZ (28g)

Consumers: Visit Kelloggs.com or call 1-800-962-1413

Ing #008031
Recipe #0460

Kellogg's Corn on One Side Crispix® Cereal Rice on the Other

Nutrition Facts

Serving Size 3/4 Cup (21g)
Calories 80
Calories from Fat 0
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Cholesterol 0mg	0%	Fiber 0g	0%
Sat. Fat 0g	0%	Sodium 150mg	6%	Sugars 2g	
Trans Fat 0g		Total Carb. 18g	6%	Protein 1g	

Vitamin A 6% • Vitamin C 6% • Calcium 0% • Iron 30%
Vitamin D 8% • Thiamin 25% • Riboflavin 25% • Niacin 25%
Vitamin B_6 25% • Folic Acid 50% • Vitamin B_{12} 25% • Zinc 6%

Ingredients: Milled corn, rice, brown sugar, salt, malt flavoring, baking soda, ascorbic acid (vitamin C), iron, niacinamide, turmeric color, zinc oxide, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), thiamin hydrochloride (vitamin B_1), vitamin A palmitate, folic acid, vitamin B_{12} and vitamin D. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

K-0356C / K 112380 031 / NLI# 00517

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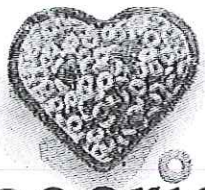
PULL-UP TAB

Consumers: Visit Kelloggs.com or call 1-800-962-1413

Ing # 901201
Recipe #4160

With 8g Whole Grain*

Good source of whole grain. At least 8 grams of whole grain per serving. At least 48 grams recommended daily.



American Heart Association

Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

Cheerios®

Toasted Whole Grain Oat Cereal

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size 1 bowl (19g)	**Total Fat** 1g	2%	**Potassium** 115mg	3%
Calories 70	Sat. Fat 0g	0%	**Total Carb.** 14g	5%
Fat Cal. 10	Trans Fat 0g		Fiber 2g	8%
	Cholest. 0mg	0%	Sugars less than 1g	
	Sodium 130mg	5%	**Protein** 2g	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 6% • Vitamin C 6% • Calcium 6% • Iron 30% • Vitamin D 6% • Thiamin 15% • Riboflavin 15% • Niacin 15% • Vitamin B_6 15% • Folic Acid 30% • Vitamin B_{12} 15% • Zinc 15%

INGREDIENTS: WHOLE GRAIN OATS, MODIFIED CORN STARCH, SUGAR, OAT BRAN, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, CORN STARCH, WHEAT STARCH. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN), VITAMIN B_1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B_{12}, VITAMIN D.

CHILD NUTRITION PROGRAM: 1 BOWLPAK = 1 BREAD EQUIVALENT

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 www.generalmillsfoodservice.com 3911941131

Ⓤ NET WT 11/16 OZ (19g)

Ing #902807
Recipe #0448

SELF-SERVE BOWL

Kellogg's® RICE KRISPIES®

70 Calories Per Serving
7 Vitamins & Minerals

TOASTED RICE CEREAL

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Container (18g)	**Total Fat** 0g	0%	**Cholesterol** 0mg	0%	Fiber 0g	0%
Calories 70	Sat. Fat 0g	0%	**Sodium** 120mg	5%	Sugars 2g	
Calories from Fat 0	*Trans* Fat 0g		**Total Carb.** 16g	5%	**Protein** 1g	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 4% • Vitamin C 4% • Calcium 0% • Iron 25%
Vitamin D 6% • Thiamin 10% • Riboflavin 15% • Niacin 10%
Vitamin B_6 10% • Folic Acid 10% • Vitamin B_{12} 10%

INGREDIENTS: RICE, SUGAR, SALT, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, VITAMINS AND IRON: IRON, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), RIBOFLAVIN (VITAMIN B_2), THIAMIN HYDROCHLORIDE (VITAMIN B_1), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D AND VITAMIN B_{12}.

Consumers: Visit kelloggs.com or call 1-800-962-1413

Distributed by Kellogg Sales Co.
Battle Creek, MI 49016 USA

K-0056P / K 112376 010 / NLI# 05096

CHILD NUTRITION PROGRAM: 1 BOWL = 1 BREAD EQUIVALENT

PULL-UP TAB

NET WT 0.63 OZ. (18g)

0 38000 00565 7

Ing #901011
Recipe #0457

SELF-SERVE BOWL

General Mills

KIX®

Kid-Tested, Mother-Approved!®

No Added Colors
No Added Flavors
No Artificial Preservatives

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size 1 bowl (¾ cup)	**Total Fat** 0.5g	1%	**Potassium** 25mg	1%
Calories 60	Sat. Fat 0g	0%	**Total Carb.** 14g	5%
Fat Cal. 0	Trans Fat 0g		Fiber 2g	6%
	Cholesterol 0mg	0%	Sugars 2g	
	Sodium 120mg	5%	**Protein** 1g	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 6% • Vitamin C 6% • Calcium 8% • Iron 25% • Vitamin D 6% • Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B_6 10% • Folic Acid 25% • Vitamin B_{12} 10% • Zinc 10%

INGREDIENTS: CORN (WHOLE GRAIN CORN, MEAL), WHOLE GRAIN OATS, SUGAR, CORN BRAN, MODIFIED CORN STARCH, CORN SYRUP, SALT, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN), VITAMIN B_1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B_{12}, VITAMIN D.

CHILD NUTRITION PROGRAM: 1 BOWLPAX = 1 BREAD EQUIVALENT

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Ⓤ NET WT 5/8 OZ (17g)

www.generalmillsfoodservice.com

3911942123

Ing #901996
Recipe #6187

Oats, Steel Cut
Ins #905968
235
0243

Visit us at www.bobsredmill.com

Ingredient: Whole Grain Oats.

Cooking Instructions

Bring 3 cups water and 1/4 tsp. salt to a boil and add 1 cup Bob's Red Mill Steel Cut Oats. Cover and simmer 10-20 minutes (depending on how chewy you like your cereal). Stir occasionally. Remove from heat and let stand covered for a couple of minutes. Makes about 3 cups cereal.

Microwave Instructions

In large bowl, combine 1/4 cup Bob's Red Mill Steel Cut Oats and 3/4 cup water. Cover and microwave on high for 2 to 5 minutes. Let stand for 2 minutes. Serves one.

SCOTTISH BUTTERMILK OAT SCONES

1 cup Bob's Red Mill Steel Cut Oats
1 cup Buttermilk at room temperature
1/2 cup Bob's Red Mill Oat Flour
1/2 cup Bob's Red Mill Whole Wheat Flour
1/4 cup Bob's Red Mill Unbleached White Flour
1 tsp. Baking Soda
1tsp. Sugar
2 tsp. Baking Powder
1/2 tsp. Salt or to taste
1/3 cup dried Currants
Butter for greasing baking sheet
4 Tbsp. softened Butter, cut into small pieces
1 Tbsp. Milk
Cinnamon and Sugar for topping

PREHEAT the oven to 350°F. PLACE the oats in a pie pan and TOAST them for 20 minutes stirring often to toast evenly and not burn. When slightly golden, REMOVE. COMBINE with the Buttermilk in a small bowl, and LET STAND for 20 minutes. In a large bowl, COMBINE the flours, baking soda, sugar, baking powder, salt and dried currants. RESET the oven to 400°F. and butter a baking sheet. Using a pastry blender, CUT the 4 Tbsp. butter into the flour until the texture is coarsely crumbled, then STIR in the buttermilk/oat mixture until combined. FLOUR your hands and scoop up the dough, forming it into a ball. Do not overmix. PRESS the ball of dough directly onto the pan, then press into a 3/4" thick circle. With a sharp knife, SCORE the surface, almost to the bottom, making eight wedges. BRUSH the surface with milk and SPRINKLE a bit of sugar and cinnamon on top. BAKE for 12 to 15 minutes. CUT into wedges. Makes 8 scones.

Nutrition Facts

Serving Sz: 1/4 cup dry (44g)
Servings: 258 (per 25 lb bag)

Amount Per Serving:	
Calories 170	Calories from Fat 25
	% Daily Value**
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 29g	10%
Diet. Fiber 5g	19%
Sugars 0g	
Protein 7g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %

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

Our product line is diverse and extensive. For information and recipes, visit our website at www.bobsredmill.com
Write for a brochure or product list:
Bob's Red Mill Natural Foods,
13521 SE Pheasant Court
Milwaukie, OR 97222 USA
Product of the USA
Manufactured in a facility that also uses tree nuts, soy, wheat and milk.

Steel Cut Oats

3034

Bob's Red Mill®

To Your Good Health... Bob Moore

FRIEND of the HEART

WHOLE GRAIN STEEL CUT OATS

ALSO KNOWN AS IRISH OR PINHEAD OATS

Bob's Red Mill Steel Cut Oats come from the highest quality oats grown in the Great Northwest. They are freshly milled from high protein whole grain oats and cut into neat little pieces on a steel buhr mill.

For a delightful hot cereal bring 3 cups water and 1/4 tsp salt to a boil and add 1 cup Bob's Red Mill Steel Cut Oats. Cover and simmer 10-20 minutes (depending on how chewy you like your cereal). Stir occasionally. Remove from heat and let stand covered for a couple of minutes. Serves four.

Ingredients: Whole Grain Oats.

NET WT 25 LBS (11.34 kg)

1385B25 505A

You Can See Our Quality!

Diets rich in whole grain foods and other plant foods low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers.

all natural

K 0 39978 10140 2

keeps best refrigerated or frozen

0467

8/10

Granola
Ing #

Nutritional Information

Nutrient Facts
Serving Size: 1/2 cup (45g)
Servings Per Container: 7.00

	Amount Per Serving	% Daily Value
Calories	180	
Calories from Fat	20	
Total Fat	2.50 g	4 %
Saturated Fat	0.00 g	0 %
Trans Fat	0.00 g	0 %
Cholesterol	0.00 mg	0 %
Sodium	10.00 mg	0 %
Total Carbohydrate	35.00 g	12 %
Dietary Fiber	4.00 g	16 %
Sugars	8.00 g	20 %
Protein	5.00 g	10 %
Vitamin A		0.00 %
Vitamin C		4.00 %
Calcium		2.00 %
Iron		10.00 %

* Percent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: whole grain rolled oats, pineapple syrup, pear concentrate, peach concentrate, evaporated cane juice, maltodextrin, natural vanilla flavor

Recommended products

Regular Rolled Oats

Oat Bran & Date Nut Muffin Mix

5 Grain Rolled Cereal

Raisin Bran Muffin Mix