Hearty Traditions Oatmeal

514194 - Instant Maple Brown Sugar oatmeal packet

Good source of Vitamins & Minerals; Naturally Cholesterol Free or A Cholesterol Free Food; Naturally Low Fat Food: good source of fiber; no artifical colors or flavors;



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
11850	514194	00042400118503	200/1.5 oz

Brand	Brand Owner	GPC Description
Hearty Traditions Oatmeal	Post Consumer Brands	Cereals Products - Not Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
20.63 LBR	18.87 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
19.5 INH	9.81 INH	9.56 INH	1.06 FTQ	10x4	545 Days	32 FAH / 95 FAH

Traceability Regulation			
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
N/A	N/A	N/A	N/A

Nutrition Facts

48 Servings per container

Serving Size .5 cup

Amount Per Serving

Calories 160

	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 240 mg	10%
Total Carbohydrates 33 g	11%
Dietary Fiber 3 g	12%
Total Sugars 13 g	
Includes Added Sugars	%
Protein 4 g	
Vitamin D	0%
Calcium 100 mg	10%
Iron 3.6 mg	20%
Potassium	%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HANDLING SUGGESTIONS

Dry

ALLERGENS

__C__ = 'Contains' ; __MC__ = 'May Contain' ; __N__ = 'Free From' ; __UN__ = 'Undeclared' ; __INII__ = 'Intentionally nor Inherently Included'; __50__ = 'Derived from Ingredients' ; __60__ = 'Not Derived From Ingredients' ; __NI__ = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - N
- Wheat - N
- Shellfish - NI
- Sesame - NI
- Crustaceans - N

INGREDIENTS

Whole grain rolled oats,sugar, salt, natural flavors, calcium carbonate, nonfat milk, guar gum, caramel color, niacin (niacinamide) vit A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride) vitamin B2 riboflavin) vitamin B1 (thiamin mononitrate) folate (folic acid)

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PREPARATION & COOKING SUGGESTIONS

DIRECTIONS: MAKE WITH HOT WATER - Empty packet into bowl. Add up to 1/2 cup boiling water, stir. FOR THICKER OATMEAL, USE LESS WATER:: 2 PACKETS: Empty packets into bowl. Add 1 cup boiling water, stir. DIRECTIONS: MAKE IN MICROWAVE - Empty packet into microwave-safe bowl. Add up to 2 /3 cup milk or water. Microwave on HIGH 1 to 2 minutes, stir. FOR THICKER OATMEAL, USE LESS WATER

SERVING SUGGESTIONS

serve with fruit and/or milk

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	160	**Total Fat**	2 g	**Sodium**	240 mg
Protein	4 g	**Trans Fat**	0 g	**Calcium**	100 mg
Total Carbohydrates	33 g	**Saturated Fat**	0 g	**Iron**	3.6 mg
Sugars	13 g	**Added Sugars**		**Potassium**	
Dietary Fiber	3 g	**Polyunsaturated Fat**		**Zinc**	
Lactose		**Monounsaturated Fat**		**Phosphorus**	
Sucrose		**Cholesterol**	0 mg		
Vitamin A (IU)		**Vitamin D**		**Thiamin**	
Vitamin A (RE)		**Vitamin E**		**Niacin**	
Vitamin C	0 mg	**Folate**		**Riboflavin**	
Magnesium		**Vitamin B-6**		**Vitamin B-12**	
Monosodium		**Sulphites**		**Nitrates**	

NUTRITIONAL CLAIMS

TRANS_FAT	FREE_FROM	**KOSHER**	YES