

- 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 artificial colors or flavors;



MARKETING



Nutrition Facts

48 Servings per container

**Serving Size** .5 cup

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**Amount Per Serving**

**Calories** **160**

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% Daily Value\*

**Total Fat** 2 g **3%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

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**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 %

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**Protein** 4 g

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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.

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   | TlxHI  | 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  |        |                 |                      |

HANDLING SUGGESTIONS



Dry

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - NI
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - 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  |
| Protein             | 4 g  |
| Total Carbohydrates | 33 g |
| Sugars              | 13 g |
| Dietary Fiber       | 3 g  |
| Lactose             |      |
| Sucrose             |      |
| Vitamin A (IU)      |      |
| Vitamin A (RE)      |      |
| Vitamin C           | 0 mg |
| Magnesium           |      |
| Monosodium          |      |

|                     |      |
|---------------------|------|
| Total Fat           | 2 g  |
| Trans Fat           | 0 g  |
| Saturated Fat       | 0 g  |
| Added Sugars        |      |
| Polyunsaturated Fat |      |
| Monounsaturated Fat |      |
| Cholesterol         | 0 mg |
| Vitamin D           |      |
| Vitamin E           |      |
| Folate              |      |
| Vitamin B-6         |      |
| Sulphites           |      |

|              |        |
|--------------|--------|
| Sodium       | 240 mg |
| Calcium      | 100 mg |
| Iron         | 3.6 mg |
| Potassium    |        |
| Zinc         |        |
| Phosphorus   |        |
| Thiamin      |        |
| Niacin       |        |
| Riboflavin   |        |
| Vitamin B-12 |        |
| Nitrates     |        |

### NUTRITIONAL CLAIMS

|           |           |
|-----------|-----------|
| TRANS_FAT | FREE_FROM |
|-----------|-----------|

|        |     |
|--------|-----|
| KOSHER | YES |
|--------|-----|