

- CEREAL, OATMEAL INSTANT APPLE CINNAMON

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

200 Servings per container

Serving Size	1 pouch
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 200 mg	9%
Total Carbohydrates 28 g	10%
Dietary Fiber 3 g	10%
Total Sugars 15 g	
Includes 11 g Added Sugars	22%

Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 104 mg	8%
Iron 3.6 mg	20%
Potassium 94 mg	2%

* 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			
11851	514195	00042400118510	200/1.23 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	
16.96 LBR	15.38 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.5 INH	10.19 INH	10.56 INH	1.214 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'; INII = '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, dried apple pieces (treated with sodium sulfite to promote color retention), salt, cinnamon, calcium carbonate, guar gum, natural flavors, citric acid, niacin (niacinamide), vitamin ! Palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamon monoitrate, 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	120
Protein	2 g
Total Carbohydrates	28 g
Sugars	15 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	11 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	200 mg
Calcium	104 mg
Iron	3.6 mg
Potassium	94 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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KOSHER	YES
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