Hearty Traditions Oatmeal

514195 - 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 artifical colors or flavors;



MARKETING

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	TIxHI	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

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.

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, 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	**Total Fat**	1 g	**Sodium**	200 mg
Protein	2 g	**Trans Fat**	0 g	**Calcium**	104 mg
Total Carbohydrates	28 g	**Saturated Fat**	0 g	**Iron**	3.6 mg
Sugars	15 g	**Added Sugars**	11 g	**Potassium**	94 mg
Dietary Fiber	3 g	**Polyunsaturated Fat**		**Zinc**	
Lactose		**Monounsaturated Fat**		**Phosphorus**	
Sucrose		**Cholesterol**	0 mg		
Vitamin A (IU)		**Vitamin D**	0 mcg	**Thiamin**	
Vitamin A (RE)		**Vitamin E**		**Niacin**	
Vitamin C		**Folate**		**Riboflavin**	
Magnesium		**Vitamin B-6**		**Vitamin B-12**	
Monosodium		**Sulphites**		**Nitrates**	

NUTRITIONAL CLAIMS

TRANS_FAT	FREE_FROM	**KOSHER**	YES