



MARKETING



## Nutrition Facts

200 Servings per container

**Serving Size** 1 each

**Amount Per Serving**  
**Calories** 100

% Daily Value\*

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

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 105 mg **5%**

**Total Carbohydrates** 19 g **7%**

Dietary Fiber 3 g **10%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 4 g

Vitamin D 0 mcg 0%

Calcium 100 mg 8%

Iron 7.2 mg 40%

Potassium 100 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                         |            |                 |                      |
|-------------------------|----------------------|--|---|------------|-----------------|----------------------|
| 19506                   | 514196               | 00042400195061                                     | 200/1 oz                                |            |                 |                      |
| Brand                   | Brand Owner          | GPC Description                                    |   |            |                 |                      |
| Hearty Traditions       | Post Consumer Brands | Cereals Products - Not Ready to Eat (Shelf Stable) |   |            |                 |                      |
| Gross Weight            | Net Weight           | Case/Catch Weight                                  | Country Of Origin                       | Kosher     | Child Nutrition |                      |
| 14.26 LBR               | 12.5 LBR             | No   | United States                           | Undeclared | 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        | 0 FAH / 100 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, calcium carbonate, guar gum, salt, caramel color, reduced iron, niacin (niacinamide), vitamin A palmitate, vitamin B6, (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), folate (folic acid).

**- HEARTY TRAD INS OAT REGULAR**

easy to make

**PREPARATION & COOKING SUGGESTIONS**



heat and serve

**SERVING SUGGESTIONS**



Empty packet into bowl. Add 1/2 cup boiling water, stir.

**MORE INFORMATION**



**NUTRITIONAL ANALYSIS**



|                     |      |
|---------------------|------|
| Calories            | 100  |
| Protein             | 4 g  |
| Total Carbohydrates | 19 g |
| Sugars              | 0 g  |
| Dietary Fiber       | 3 g  |
| Lactose             |      |
| Sucrose             |      |
| Vitamin A (IU)      |      |
| Vitamin A (RE)      |      |
| Vitamin C           |      |
| Magnesium           |      |
| Monosodium          |      |

|                     |         |
|---------------------|---------|
| Total Fat           | 2 g     |
| Trans Fat           | 0 g     |
| Saturated Fat       | 0 g     |
| Added Sugars        | 0 g     |
| Polyunsaturated Fat | 0.5 g   |
| Monounsaturated Fat | 0.5 g   |
| Cholesterol         | 0 mg    |
| Vitamin D           | 0 mcg   |
| Vitamin E           |         |
| Folate              | 120 mcg |
| Vitamin B-6         |         |
| Sulphites           |         |

|              |        |
|--------------|--------|
| Sodium       | 105 mg |
| Calcium      | 100 mg |
| Iron         | 7.2 mg |
| Potassium    | 100 mg |
| Zinc         |        |
| Phosphorus   |        |
| Thiamin      |        |
| Niacin       |        |
| Riboflavin   |        |
| Vitamin B-12 |        |
| Nitrates     |        |

**NUTRITIONAL CLAIMS**

