Hearty Traditions

514196 - HEARTY TRAD INS OAT REGULAR

easy to make



MARKETING

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	TIxHI	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

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.

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, 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).

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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