



MARKETING

Nutrition Facts

140 Servings per container

Serving Size1.25 cup

Amount Per Serving

Calories170

% Daily Value\*

Total Fat 1.5 g2%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 190 mg8%

Total Carbohydrates 36 g13%

Dietary Fiber 1 g3%

Total Sugars 19 g

Includes 18 g Added Sugars37%

Protein 2 g

Vitamin D 0 mcg0%

Calcium 160 mg10%

Iron 5.4 mg30%

Potassium 40 mg0%

\* 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
09819	203478	10042400098192	4 x 35 OZ

Brand	Brand Owner	GPC Description
Malt-O-Meal	Post Consumer Brands	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.43 LBR	8.75 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
20 INH	16 INH	9.38 INH	1.737 FTQ	6x5	365 Days	32 FAH / 95 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - N

Eggs - N

Soy - N

Wheat - C

Sesame - N

Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - N

SERVING SUGGESTIONS

serve with fruit and/or milk

INGREDIENTS

Ingredients: Sugar, Corn Flour, Wheat Flour, Whole Grain Oat Flour, Corn Syrup, Salt, Contains 1% or less of: Cal-cium Carbonate, Natural Flavor, Red 40, Yellow 6, Yellow 5, Blue 1. BHT added to preserve freshness.Vitamins and Minerals: Ferric Orthophosphate (source of iron), Nia-cinamide (Vitamin B3), Zinc Oxide (source of zinc), Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochlo-ride (Vitamin B6), Folic Acid. Contains Wheat.

HANDLING SUGGESTIONS

Dry

PREPARATION & COOKING SUGGESTIONS

Add milk

MORE INFORMATION

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Page 1 of 2



NUTRITIONAL ANALYSIS



Calories	170	Total Fat	1.5 g	Sodium	190 mg
Protein	2 g	Trans Fat	0 g	Calcium	160 mg
Total Carbohydrates	36 g	Saturated Fat	0 g	Iron	5.4 mg
Sugars	19 g	Added Sugars	18 g	Potassium	40 mg
Dietary Fiber	1 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
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