

Malt-O-Meal

201800 - CEREAL, FROSTED FLAKES BOWL PACK

Whole grain corn



MARKETING

Nutrition Facts

96 Servings per container

Serving Size	1 bowl
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 130 mg	6%
Total Carbohydrates 25 g	9%
Dietary Fiber 0 g	0%
Total Sugars 10 g	
Includes 10 g Added Sugars	20%
Protein 1 g	

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 3.6 mg 20%

Potassium 940 mg 20%

* 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			
01015	201800	10042400010156	96 x 1 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	
8.67 LBR	6 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.56 INH	13 INH	14.375 INH	1.791 FTQ	9x3	365 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'; 30 = 'Free From Not Tested'; 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 - C
- Shellfish - N
- Sesame - N
- Crustaceans - N

INGREDIENTS

Ingredients: Milled Corn, Sugar, Contains 2% or less of: Corn Syrup, Salt, Barley Malt Extract, Wheat Starch. Vitamins and Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (a B-vitamin), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid. CONTAINS WHEAT.

PREPARATION & COOKING SUGGESTIONS

Add milk

SERVING SUGGESTIONS

serve with fruit and/or milk

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	110	Total Fat	0 g	Sodium	130 mg
Protein	1 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	25 g	Saturated Fat	0 g	Iron	3.6 mg
Sugars	10 g	Added Sugars	10 g	Potassium	940 mg
Dietary Fiber	0 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
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