



MARKETING

Nutrition Facts

136 Servings per container

Serving Size 1.25 cup

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 3 g	4%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 200 mg	9%
Total Carbohydrates 30 g	11%
Dietary Fiber 3 g	11%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 5 g	

Vitamin D	0 mcg	0%
Calcium	220 mg	15%
Iron	14.4 mg	80%
Potassium	130 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
09813	203440	10042400098130	4 x 34 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
10.18 LBR	8 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	300 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 - C

Wheat - C

Sesame - N

Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - N

SERVING SUGGESTIONS

serve with fruit and/or milk

INGREDIENTS

Whole grain oat flour (includes the oat bran), oat bran, wheat starch, salt, calcium carbonate, tripotassium phosphate, caramel color, reduced iron, vitamin C (sodium ascorbate), niacin (niacinamide), zinc (zinc oxide), folate (folic acid), vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin D, vitamin A palmitate, vitamin B1 (thiamin mononitrate), vitamin B12, Mixed tocopherols added to preserve freshness.

HANDLING SUGGESTIONS

Dry

PREPARATION & COOKING SUGGESTIONS

Add milk

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	160
Protein	5 g
Total Carbohydrates	30 g
Sugars	0 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	200 mg
Calcium	220 mg
Iron	14.4 mg
Potassium	130 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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KOSHER	YES
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MORE IMAGES

