



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	TlxHI	Shelf Life	Storage Temp From/To
20 INH	16 INH	9.38 INH	1.737 FTQ	6x5	300 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

Eggs - N

Soybean - C

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

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.

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PREPARATION & COOKING SUGGESTIONS

Add milk

SERVING SUGGESTIONS

serve with fruit and/or milk

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	160	Total Fat	3 g	Sodium	200 mg
Protein	5 g	Trans Fat	0 g	Calcium	220 mg
Total Carbohydrates	30 g	Saturated Fat	0.5 g	Iron	14.4 mg
Sugars	0 g	Added Sugars	0 g	Potassium	130 mg
Dietary Fiber	3 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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