

MAYPO

202347 - CEREAL, OATMEAL QUICK

As a sodium and cholesterol-free food, Maypo Quick Oats Oatmeal has no preservatives and is low in fat. Maypo Quick Oats is a heart healthy food. As part of a heart healthy diet, the soluble fiber in Maypo may reduce cholesterol and 3 grams of soluble fiber daily from oatmeal may reduce the risk of heart disease. Maypo has 2 grams per serving.



MARKETING



Nutrition Facts

30 Servings per container	
Serving Size	3 tbsp
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 2.5 g	4%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 27 g	9%
Dietary Fiber 4 g	15%
Total Sugars 0 g	
Includes Added Sugars	%

Protein 5 g	
Vitamin D	%
Calcium 0 mg	0%
Iron 10 mg	10%
Potassium	%

* 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		
43103	202347			10064144431035		8 x 42 OZ		
Brand	Brand Owner			GPC Description				
MAYPO	HOMESTAT FARM, LTD.			Cereals Products - Not Ready to Eat (Shelf Stable)				
Gross Weight		Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
24.5 LBR		21 LBR	No		United States		Yes	Yes
Shipping								
Length	Width	Height	Volume	TlxHl	Shelf Life		Storage Temp From/To	
14.6 INH	13.1 INH	9.9 INH	1.096 FTQ	9x4	360 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



Store at ambient temperatures in a cool, dry area.

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 - N
- Shellfish - NI
- Sesame - N
- Crustaceans - N
- Oats - C

INGREDIENTS



100% natural rolled oats

MAYPO

202347 - CEREAL, OATMEAL QUICK

As a sodium and cholesterol-free food, Maypo Quick Oats Oatmeal has no preservatives and is low in fat. Maypo Quick Oats is a heart healthy food. As part of a heart healthy diet, the soluble fiber in Maypo may reduce cholesterol and 3 grams of soluble fiber daily from oatmeal may reduce the risk of heart disease. Maypo has 2 grams per serving.

PREPARATION & COOKING SUGGESTIONS

SERVING SUGGESTIONS

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	150	Total Fat	2.5 g	Sodium	0 mg
Protein	5 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	27 g	Saturated Fat	0.5 g	Iron	10 mg
Sugars	0 g	Added Sugars		Potassium	
Dietary Fiber	4 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)	0 0 iu	Vitamin D		Thiamin	
Vitamin A (RE)	0	Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

DAIRY	FREE_FROM	LACTOSE	FREE_FROM	FAT	LOW
TRANS_FAT	FREE_FROM	SODIUM_SALT	LOW	CHOLESTEROL	LOW
SUGARS	NO_ADDED	KOSHER	YES	VEGAN	YES

MORE IMAGES

