



MARKETING

Nutrition Facts

216 Servings per container

Serving Size1 1/4 cup

Amount Per Serving

Calories190

% Daily Value*

Total Fat 1 g1%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 240 mg11%

Total Carbohydrates 48 g17%

Dietary Fiber 9 g31%

Total Sugars 20 g

Includes 9 g Added Sugars19%

Protein 5 g

Vitamin D 2 mcg10%

Calcium 30 mg2%

Iron 10.8 mg60%

Potassium 340 mg8%

* 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
09816	202962	10042400098161	6 x 36 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
15.26 LBR	13.5 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 - 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 wheat, raisins, wheat bran, sugar, corn syrup, malt extract, salt, molasses, annatto (for color), reduced iron, niacin (niacinamide), zinc (zinc oxide), vitamin A palmitate, citric acid, vitamin D, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin B12, folate (folic acid).

HANDLING SUGGESTIONS

Dry

PREPARATION & COOKING SUGGESTIONS

Add milk

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	190
Protein	5 g
Total Carbohydrates	48 g
Sugars	20 g
Dietary Fiber	9 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	9 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	2 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	240 mg
Calcium	30 mg
Iron	10.8 mg
Potassium	340 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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