



MARKETING

Nutrition Facts

216 Servings per container

Serving Size	1 1/4 cup
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Amount Per Serving	
Calories	190

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 240 mg	11%
Total Carbohydrates 48 g	17%
Dietary Fiber 9 g	31%
Total Sugars 20 g	
Includes 9 g Added Sugars	19%
Protein 5 g	

Vitamin D 2 mcg	10%
Calcium 30 mg	2%
Iron 10.8 mg	60%
Potassium 340 mg	8%

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

Eggs - N

Soybean - C

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

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).

PREPARATION & COOKING SUGGESTIONS

Add milk

SERVING SUGGESTIONS

serve with fruit and/or milk

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	190	Total Fat	1 g	Sodium	240 mg
Protein	5 g	Trans Fat	0 g	Calcium	30 mg
Total Carbohydrates	48 g	Saturated Fat	0 g	Iron	10.8 mg
Sugars	20 g	Added Sugars	9 g	Potassium	340 mg
Dietary Fiber	9 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	2 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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