



MARKETING

Quick start your day with the nutrition of whole oats.

Nutrition Facts

10 Servings per container	
Serving Size 1 PACKET CINNAMON SPICE	
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 2	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 220 mg	10%
Total Carbohydrates 32 g	12%
Dietary Fiber 3 g	11%
Total Sugars 11 g	
Includes 10 g Added Sugars	21%

Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 130 mg	10%
Iron 3.6 mg	20%
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		GTIN			Pack Description	
Y170F395265		10791669395053			12/13.54 oz	
Brand		Brand Owner		GPC Description		
RALSTON FOODS		Bay Valley Foods		Cereals Products - Not Ready to Eat (Shelf Stable)		
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition
13.018 LBR	10.159 LBR	No		United States	Yes	No
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.75 INH	8.25 INH	15.313 INH	0.933 FTQ	16x3	547 Days	65 FAH / 75 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	NOT_APPLICABLE		Not_Covered_By_FTL	

HANDLING SUGGESTIONS

Store product in a cool, dry place (below 75° F, 50% RH) in sealed containers and away from highly aromatic substances.

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 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 - MC
- Shellfish - N
- Sesame - N
- Crustaceans - N
- Molluscs - N

INGREDIENTS

CINNAMON SPICE: WHOLE GRAIN ROLLED OATS, SUGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM CARBONATE (A SOURCE OF CALCIUM), CINNAMON, GUAR GUM, CARAMEL COLOR, SPICE, FERRIC ORTHOPHOSPHATE (A SOURCE OF IRON), VITAMIN A PALMITATE, NIACINAMIDE*, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMINE MONONITRATE*, FOLIC ACID*. *ONE OF THE B VITAMINS
APPLE CINNAMON: WHOLE GRAIN ROLLED OATS, SUGAR, DRIED APPLES (TREATED WITH SODIUM SULFITE TO PROMOTE COLOR RETENTION), CONTAINS LESS THAN 2% OF: SALT, CINNAMON, CALCIUM CARBONATE (A SOURCE OF CALCIUM), GUAR GUM, CITRIC ACID, FERRIC ORTHOPHOSPHATE (A SOURCE OF IRON), NATURAL FLAVOR, VITAMIN A PALMITATE, NIACINAMIDE*, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMINE MONONITRATE*, FOLIC ACID*. *ONE OF THE B VITAMINS
RAISIN SPICE: WHOLE GRAIN ROLLED OATS, SUGAR, RAISINS, CONTAINS LESS THAN 2% OF SALT, CALCIUM CARBONATE (A SOURCE OF CALCIUM), SPICE, GUAR GUM, FERRIC ORTHOPHOSPHATE (A SOURCE OF IRON), VITAMIN A PALMITATE, NIACINAMIDE*, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMINE MONONITRATE*, FOLIC ACID*. *ONE OF THE B VITAMINS
ORIGINAL: WHOLE GRAIN ROLLED OATS, WHOLE GRAIN OAT FLOUR, CONTAINS LESS THAN 2% OF CALCIUM CARBONATE (A SOURCE OF CALCIUM), SALT, GUAR GUM, CARAMEL COLOR, FERRIC ORTHOPHOSPHATE (A SOURCE OF IRON), VITAMIN A PALMITATE. MAPLE AND BROWN SUGAR: WHOLE GRAIN ROLLED OATS, SUGAR, CONTAINS LESS THAN 2% OF SALT, GUAR GUM, NATURAL FLAVOR, CARAMEL COLOR, CALCIUM CARBONATE (A SOURCE OF CALCIUM), FERRIC ORTHOPHOSPHATE (A SOURCE OF IRON),VITAMIN A PALMITATE, NIACINAMIDE*, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMINE MONONITRATE*, FOLIC ACID*. *ON OF THE B VITAMINS

PREPARATION & COOKING SUGGESTIONS

MICROWAVE: 1. EMPTY PACKET INTO MICROWAVE-SAFE BOWL. 2. ADD UP TO 2/3 CUP WATER (OR MILK) AND STIR. 3. MICROWAVE THE UNCOVERED BOWL ON HIGH 1 TO 2 MINUTES OR UNTIL CEREAL BEGINS TO THICKEN. 4. CAREFULLY REMOVE HOT BOWL FROM MICROWAVE OVEN. STIR AND SERVE.

SERVING SUGGESTIONS

MICROWAVE

MORE INFORMATION