



MARKETING

Nutrition Facts

200 Servings per container	
Serving Size	1/4 cup
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 2.5 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 40 mg	2%
Total Carbohydrates 15 g	5%
Dietary Fiber 1 g	4%
Total Sugars 5 g	
Includes 5 g Added Sugars	11%

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
07485	202025	10042400074851	4/50 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
13.59 LBR	12.5 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16 INH	12 INH	7.81 INH	0.868 FTQ	10x6	365 Days	32 FAH / 95 FAH

Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	0%
Iron 0.5 mg	2%
Potassium 40 mg	0%

\* 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.

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 - N

Wheat - C

Sesame - N
- Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - N

SERVING SUGGESTIONS

serve with fruit and/or milk

INGREDIENTS

Ingredients: Whole Grain Rolled Oats, Sugar, Rice, Canola Oil, Whole Grain Wheat, Rice Syrup, Molasses, Honey, Cinnamon, Salt. BHT added to packaging material to preserve freshness.

HANDLING SUGGESTIONS

Dry

PREPARATION & COOKING SUGGESTIONS

Add milk

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	90
Protein	1 g
Total Carbohydrates	15 g
Sugars	5 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	5 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	40 mg
Calcium	10 mg
Iron	0.5 mg
Potassium	40 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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MORE IMAGES

