



MARKETING

Nutrition Facts

200 Servings per container

Serving Size	1/4 cup
<hr/>	
Amount Per Serving	
Calories	90
<hr/>	
% 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%
Protein 1 g	
<hr/>	
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.

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	TlxHI	Shelf Life	Storage Temp From/To
16 INH	12 INH	7.81 INH	0.868 FTQ	10x6	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 - N

Wheat - C

Sesame - N

Lupine - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

Molluscs - N

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.

Last Saved: 25 March 2025 | Printed: 09 August 2025

Powered by Syndigo LLC - syndigo.com

Page 1 of 2

PREPARATION & COOKING SUGGESTIONS

Add milk

SERVING SUGGESTIONS

serve with fruit and/or milk

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	90	Total Fat	2.5 g	Sodium	40 mg
Protein	1 g	Trans Fat	0 g	Calcium	10 mg
Total Carbohydrates	15 g	Saturated Fat	0 g	Iron	0.5 mg
Sugars	5 g	Added Sugars	5 g	Potassium	40 mg
Dietary Fiber	1 g	Polyunsaturated Fat	0.5 g	Zinc	
Lactose		Monounsaturated Fat	1.5 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 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
-----------	-----------	--------	-----

MORE IMAGES

