



MARKETING

Nutrition Facts

1 Servings per container

Serving Size

1 bowl

Amount Per Serving

Calories

110

% Daily Value*

Total Fat

1.5 g

2%

Saturated Fat

0 g

0%

Trans Fat

0 g

Cholesterol

0 mg

0%

Sodium

170 mg

7%

Total Carbohydrates

22 g

8%

Dietary Fiber

2 g

8%

Total Sugars

6 g

Includes 6 g Added Sugars

11%

Protein

3 g

Vitamin D

0 mcg

0%

Calcium

130 mg

10%

Iron

4.5 mg

25%

Potassium

0 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
27597	200465	10042400275975	96 x 1 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
8.87 LBR	6 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
16.56 INH	13 INH	18.38 INH	2.2898 FTQ	9x2	365 Days	32 FAH / 100 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 - N

Wheat - C

Sesame - NI

Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - N

SERVING SUGGESTIONS

Serve with 1/2 cup skim milk

INGREDIENTS

Ingredients: Whole Grain Oat Flour, Sugar, Wheat Starch, Honey, Salt, Trisodium Phosphate, Caramel Color, Molasses, Natural Flavor. Vitamins & Minerals: Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Vitamin B12, Vitamin D3. Contains Wheat

HANDLING SUGGESTIONS

Dry Storage

PREPARATION & COOKING SUGGESTIONS

Ready to Eat

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	110
Protein	3 g
Total Carbohydrates	22 g
Sugars	6 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

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

Sodium	170 mg
Calcium	130 mg
Iron	4.5 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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