



MARKETING

Nutrition Facts

21 Servings per container	
Serving Size	1 1/4 cup
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 280 mg	12%
Total Carbohydrates 35 g	13%
Dietary Fiber 2 g	8%
Total Sugars 17 g	
Includes 17 g Added Sugars	34%

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
09821	203505	10042400098215	4 x 42 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
12.18 LBR	10.5 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
20 INH	16 INH	9.38 INH	1.737 FTQ	6x5	270 Days	32 FAH / 95 FAH

Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 190 mg	10%
Iron 4.5 mg	25%
Potassium 80 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 - NI
- Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - N

SERVING SUGGESTIONS

serve with milk

INGREDIENTS

Ingredients: Whole Grain Oat Flour, Sugar, Corn Syrup, Wheat Starch, Modified Cornstarch, Salt, Calcium Carbonate, Dextrose, Gelatin, Sodium Hexametaphosphate, Artificial Flavor, Trisodium Phosphate, Yellow 5, Red 40, Blue 1, Yellow 6. Vitamins and Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid. CONTAINS WHEAT.

HANDLING SUGGESTIONS

Dry

PREPARATION & COOKING SUGGESTIONS

ready to eat

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	160
Protein	3 g
Total Carbohydrates	35 g
Sugars	17 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	17 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	280 mg
Calcium	190 mg
Iron	4.5 mg
Potassium	80 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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