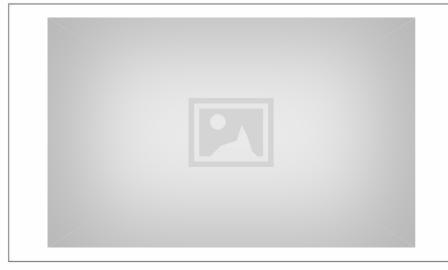


Sodium Free, Good Source of Fiber, 100% whole grain





* Benefits

Ingredients	▲ Allergens
100% Whole Grain Rolled Oats	

Nutrition Facts

Servings per Container 156 Serving size 40grams (0.5Cup(US))

Amount per serving Calories

150

% [Daily Value*
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes Added Sugar	%
Protein 5g	_
Vitamin D	%
Calcium	0%
Iron	10%
Potassium	%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

Store in dry location

Serving Suggestions

Dry or with milk

Prep & Cooking Suggestions

Combine with salt and water. Microwave for 1 1/2 to 2 minutes. Stir before serving

Product Specifications

Brand	Manufacturer		
Malt-O-Meal	Post Consumer Brands		

MFG #	SPC #	GTIN	Pack	Pack Desc.
14922	17056500	10048200409909	12	12 / 1 / cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
34.99lb	31.5lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
21.63in	16.25in	10in	2.03ft3	5x4	365DAYS	0°F / 100°F





Malt-0-Meal 17056500 - **Restaurant Pride Quick Oatmeal**

Sodium Free, Good Source of Fiber, 100% whole grain



Nutrition Analysis - By Serving

Calories	150	Total Fat	3g	Sodium	0mg
Protein	5	Trans Fats	0g	Calcium	
Total Carbohydrates	27g	Saturated Fat	0.5g	Iron	
Sugars	1g	Added Sugars		Potassium	
Dietary Fiber	4g	Polyunsaturated Fat	1g	Zinc	
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Addition	onal Images			

