



Nutrition Facts
 Serving Size 6 oz. (1.25 oz. oat mix)
 Servings Per Container Approx 128

Amount Per Serving	
Calories 140 Calories from Fat 20	
% Daily Value *	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 8%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients: ROLLED OATS, OAT FLOUR, SALT, GUAR GUM, CARAMEL COLOR.



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% Daily Value *	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients: ROLLED OATS, SUGAR, DEHYDRATED APPLES, OAT FLOUR, SALT, SPICES, NATURAL AND ARTIFICIAL FLAVOR, GUAR GUM, CARAMEL COLOR.



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Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	11%
Sugars 10g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

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Ingredients: ROLLED OATS, SUGAR, OAT FLOUR, SPICES, NATURAL FLAVOR, SALT, GUAR GUM, CARAMEL COLOR.



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Ingredients: ROLLED OATS, SUGAR, OAT FLOUR, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVOR, SALT, GUAR GUM.