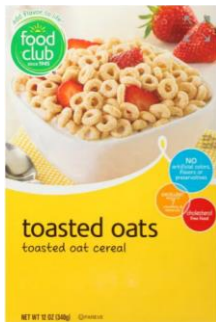


Food Club

Toasted Oats



FOOD CLUB TOASTED OATS CEREAL 12 OZ
12.00 OZ
036800421769

2 g total sugars in 41 g dry cereal meets sugar limits.

Serving Size	1-1/2 cups (41g)
Amount Per Serving	
Calories	160
	% Daily Value
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrates 31g	11%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Insoluble Fiber 2g	
Total Sugars 2g	
Includes 2g Added Sugars	4%

The first ingredient is whole grain and the cereal is fortified.

Whole Grain Oat Flour, Wheat Starch, Sugar, Modified Corn Starch, Oat Fiber, Salt, Oat Extract, Tripotassium Phosphate, Dicalcium Phosphate, Mixed Tocopherols (Added to Preserve Freshness). Vitamins and Minerals: Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid, Vitamin D, Vitamin B12. **Fortified**