

Full Circle

Toasted Oats



12 oz.

UPC: 0036800439810

2 g total sugars in 39 g dry cereal meets sugar limits.

Serving size 1-2/3 cup (39g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Insoluble Fiber 2g	
Total Sugars 2g	
Includes 1g Added Sugars	2%

The first ingredient is whole grain and the second ingredient is disregarded according to the rule of 3, so it is whole grain-rich.

Organic Whole Grain Oat Flour, Organic Wheat Starch, Organic Cane Sugar, Sea Salt, Calcium Carbonate, Tocopherols (Antioxidants to Maintain Freshness).