

Signature Select

Toasted Oats



2 g total sugars in one serving meets sugar limits.

Serving Size :	1.5cups
Servings Per Container :	about 8
Calories	160
Calories from Fat	(-)
Total Fat	2.5g
Saturated Fat	0.5g
Trans Fat	0g
Polyunsaturated Fat	1g
Monounsaturated Fat	1g
Cholesterol	0mg
Sodium	230mg
Potassium	250mg
Total Carbohydrate	31g
Dietary Fiber	3g
Soluble Fiber	1g
Total Sugars	2g

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