

Simple Truth

Toasted Oats Cereal



12 oz UPC: 0001111009265

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

Serving size 1.66cup (39 gram)

Amount per serving

Calories 190

% Daily value*

Total Fat 2.5g	3.21%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	1.67%
Sodium 220mg	9.57%
Total Carbohydrate 36g	13.09%
Dietary Fiber 3g	10.71%
Sugar 8g	
Added Sugar 1g	2%

The first ingredient is a whole grain; wheat starch is a disregarded ingredient according to the rule of 3, so this cereal is whole grain-rich.

Ingredients

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