

Natural Cinnamon Apple Oatmeal
Dutch Valley Foods
September 2, 2010

Nutrition Facts			
Serving Size 1/2 cup (dry) (55g)			
Servings Per Container			
Amount Per Serving			
Calories 210		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	170mg		7%
Total Carbohydrate	38g		13%
Dietary Fiber	4g		16%
Sugars	11g		
Protein 5g			
Vitamin A 0%		Vitamin C 80%	
Calcium 4%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions: Natural Quick & Rolled Oats; Natural Unrefined Cane Sugar; Natural Apple Pieces (no sulfur added); Cream Powder; Soybean Oil; Natural Cinnamon; Whole Milk Powder; Natural Flavor; RealSalt® Unrefined Mineral Sea Salt; Citric Acid; Ascorbic Acid (Vitamin C); Clove.

Allergen Statement

**Contains: Milk and Soy Ingredients.

**Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.