

All Natural Strawberry & Cream Oatmeal
Dutch Valley Foods
July 14, 2008 - Revised

Nutrition Facts		
Serving Size 1/2 cup (dry) (55g)		
Servings Per Container		
Amount Per Serving		
Calories 230	Calories from Fat 50	
% Daily Value*		
Total Fat 6g		8%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 5mg		1%
Sodium 190mg		8%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		14%
Sugars 15g		
Protein 7g		
Vitamin A 2%	•	Vitamin C 90%
Calcium 8%	•	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		

Ingredients: Rolled oats, evaporated cane juice, whole milk powder, soybean oil, freeze-dried strawberries, strawberry juice concentrate powder (with maltodextrin, natural flavor, silicon dioxide), realsalt (R) unrefined mineral sea salt, natural strawberry flavor, ascorbic acid (vitamin C).

Allergen Information

**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.

Mixing Instructions

1/2 cup boiling water

1/2 cup oatmeal

MICROWAVE: Put water in microwave for 40-60 seconds. Add oatmeal, stir, cover, and let stand for 60 seconds. Enjoy!

CONVENTIONAL: Pour boiling water over the oatmeal & stir. Cover and let stand for 60 seconds. Enjoy! *Milk may be used instead of water.