<b>FORMULA</b>	GU-to-10	
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GILSTER-MARY LEE CORP.

PRODUCT\_TOASTED OATS (USA)

**DATE** 06/04/01

WEIGHT 35 OZ

## **INFORMATION PANEL**

## **NUTRITION FACTS**

Serving Size 1 cup ( 30g) Servings per container about 14

Amount Per Serving         Dry         Vitamins A&D skim milk           Calories from Fat         15         15           Total Fat 2 g*         3%         3%           Saturated Fat 0 g           Polyunsaturated Fat 0 g           Monounsaturated Fat 0 g           Cholesterol 0 mg         0%         0%           Sodium 280 mg         12%         15%           Potassium 0 mg         0%         6%           Total Carbohydrate 23 g         8%         10%           Dietary Fiber 3 g         12%         12%           Soluble Fiber 1 g         Sugars 1 g         10%           Other Carbohydrate 19 g         Protein 3 g         15%           Vitamin A         10%         15%           Vitamin C         25%         25%           Calcium         10%         25%           Iron         45%         45%           Vitamin D         10%         25%           Vitamin D         10%         25%           Niacin         25%         35%           Vitamin B6         25%         25%           Folate         50%         50%           Vitamin B1		Cereal with ½ cup		
Calories from Fat         15         15           Total Fat 2 g*         3%         3%           Saturated Fat 0 g         0%         0%           Polyunsaturated Fat 0 g         0%         0%           Cholesterol 0 mg         0%         0%           Sodium 280 mg         12%         15%           Potassium 0 mg         0%         6%           Total Carbohydrate 23 g         8%         10%           Dietary Fiber 3 g         12%         12%           Soluble Fiber 1 g         Sugars 1 g         10%         15%           Vitamin A         10%         15%           Vitamin A         10%         25%           Calcium         10%         25%           Iron         45%         45%           Vitamin D         10%         25%           Thiamin         25%         35%           Riboflavin         25%         35%           Niacin         25%         25%           Vitamin B6         25%         25%           Folate         50%         50%           Vitamin B12         25%         25%           Phosphorus         4%         15%           M	Amount Per Serving	Dry	Vitamins A&D skim milk	
Total Fat 2 g* 3% 3% 3% 3% Saturated Fat 0 g 0% 0% 0% 0% 0% 0% 0% 0% 0% 0% 0% 0% 0%	Calories	110	150	
Total Fat 2 g*         3%         3%           Saturated Fat 0 g         0%         0%           Polyunsaturated Fat 0 g         0%         0%           Monounsaturated Fat 0 g         0%         0%           Cholesterol 0 mg         0%         0%           Sodium 280 mg         12%         15%           Potassium 0 mg         0%         6%           Total Carbohydrate 23 g         8%         10%           Dietary Fiber 3 g         12%         12%           Soluble Fiber 1 g         Sugars 1 g         0ther Carbohydrate 19 g           Protein 3 g         10%         15%           Vitamin C         25%         25%           Calcium         10%         25%           Iron         45%         45%           Vitamin D         10%         25%           Thiamin         25%         30%           Riboflavin         25%         35%           Niacin         25%         35%           Vitamin B6         25%         25%           Folate         50%         50%           Vitamin B12         25%         25%           Phosphorus         4%         15%	Calories from Fat	15	15	
Total Fat 2 g*         3%         3%           Saturated Fat 0 g         0%         0%           Polyunsaturated Fat 0 g         0%         0%           Monounsaturated Fat 0 g         0%         0%           Cholesterol 0 mg         0%         0%           Sodium 280 mg         12%         15%           Potassium 0 mg         0%         6%           Total Carbohydrate 23 g         8%         10%           Dietary Fiber 3 g         12%         12%           Soluble Fiber 1 g         Sugars 1 g         0ther Carbohydrate 19 g           Protein 3 g         10%         15%           Vitamin C         25%         25%           Calcium         10%         25%           Iron         45%         45%           Vitamin D         10%         25%           Thiamin         25%         30%           Riboflavin         25%         35%           Niacin         25%         25%           Vitamin B6         25%         25%           Folate         50%         50%           Vitamin B12         25%         25%           Phosphorus         4%         15%		% Г	Daily Value**	
Polyunsaturated Fat 0 g Monounsaturated Fat 0 g Cholesterol 0 mg O% Sodium 280 mg 12% 15% Potassium 0 mg O% O6% Total Carbohydrate 23 g 8% 10% Dietary Fiber 3 g Soluble Fiber 1 g Sugars 1 g Other Carbohydrate 19 g Protein 3 g Vitamin A Vitamin C Calcium 10% 15% Vitamin D 10% 25% Calcium 10% 25% Vitamin D 10% 25% Vitamin D 10% 25% Vitamin D 25% Soluble Selver Vitamin C 25% Soluble Selver Vitamin D 10% Soluble Selver Vitamin D 10% Soluble Selver Vitamin D 10% Soluble Selver Soluble Selver Soluble Fiber 1 g Sugars 1 g Sugars 1 g Soluble Fiber 1 g Sugars 1 g Soluble Fiber 1 g Sugars 1 g Soluble Fiber 2 g Soluble Fiber 2 g Soluble Fiber 3 g Soluble Fiber 3 g Soluble Fiber 1 g Soluble Fiber 3 g Soluble Fiber 2	Total Fat 2 g*			
Polyunsaturated Fat 0 g Monounsaturated Fat 0 g Cholesterol 0 mg Check Cholesterol 0 mg Check Carbohydrate 23 g Check Carbohydrate 23 g Check Carbohydrate 19 g Ch		0%	0%	
Monounsaturated Fat 0 g       O%       0%         Cholesterol 0 mg       0%       0%         Sodium 280 mg       12%       15%         Potassium 0 mg       0%       6%         Total Carbohydrate 23 g       8%       10%         Dietary Fiber 3 g       12%       12%         Soluble Fiber 1 g       Sugars 1 g       12%         Other Carbohydrate 19 g       Protein 3 g       ****         Vitamin A       10%       15%         Vitamin C       25%       25%         Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%				
Sodium 280 mg         12%         15%           Potassium 0 mg         0%         6%           Total Carbohydrate 23 g         8%         10%           Dietary Fiber 3 g         12%         12%           Soluble Fiber 1 g         12%         12%           Sugars 1 g         0ther Carbohydrate 19 g         15%           Protein 3 g         10%         15%           Vitamin A         10%         15%           Vitamin C         25%         25%           Calcium         10%         25%           Iron         45%         45%           Vitamin D         10%         25%           Thiamin         25%         30%           Riboflavin         25%         35%           Niacin         25%         25%           Vitamin B6         25%         25%           Folate         50%         50%           Vitamin B12         25%         25%           Phosphorus         4%         15%           Magnesium         10%         10%           Zinc         25%         30%				
Potassium 0 mg         0%         6%           Total Carbohydrate 23 g         8%         10%           Dietary Fiber 3 g         12%         12%           Soluble Fiber 1 g         12%         12%           Sugars 1 g         10%         15%           Other Carbohydrate 19 g         10%         15%           Vitamin A         10%         15%           Vitamin C         25%         25%           Calcium         10%         25%           Iron         45%         45%           Vitamin D         10%         25%           Thiamin         25%         30%           Riboflavin         25%         35%           Niacin         25%         25%           Vitamin B6         25%         25%           Folate         50%         50%           Vitamin B12         25%         25%           Phosphorus         4%         15%           Magnesium         10%         10%           Zinc         25%         30%	Cholesterol 0 mg	0%	0%	
Total Carbohydrate 23 g         8%         10%           Dietary Fiber 3 g         12%         12%           Soluble Fiber 1 g         12%         12%           Sugars 1 g         0ther Carbohydrate 19 g         15%           Protein 3 g         10%         15%           Vitamin A         10%         25%           Calcium         10%         25%           Iron         45%         45%           Vitamin D         10%         25%           Thiamin         25%         30%           Riboflavin         25%         35%           Niacin         25%         25%           Vitamin B6         25%         25%           Folate         50%         50%           Vitamin B12         25%         25%           Phosphorus         4%         15%           Magnesium         10%         10%           Zinc         25%         30%	Sodium 280 mg	12%	15%	
Dietary Fiber 3 g       12%       12%         Soluble Fiber 1 g       Sugars 1 g       10%       15%         Other Carbohydrate 19 g       10%       15%         Protein 3 g       25%       25%         Vitamin A       10%       25%         Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Potassium 0 mg	0%	6%	
Soluble Fiber 1 g         Sugars 1 g         Other Carbohydrate 19 g         Protein 3 g         Vitamin A       10%       15%         Vitamin C       25%       25%         Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Total Carbohydrate 23 g	8%	10%	
Sugars 1 g         Other Carbohydrate 19 g         Protein 3 g         Vitamin A       10%       15%         Vitamin C       25%       25%         Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Dietary Fiber 3 g	12%	12%	
Other Carbohydrate 19 g         Protein 3 g       Protein 3 g         Vitamin A       10%       15%         Vitamin C       25%       25%         Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Soluble Fiber 1 g			
Protein 3 g         Vitamin A       10%       15%         Vitamin C       25%       25%         Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Sugars 1 g			
Vitamin A       10%       15%         Vitamin C       25%       25%         Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Other Carbohydrate 19 g			
Vitamin C       25%       25%         Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Protein 3 g			
Calcium       10%       25%         Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Vitamin A	10%	15%	
Iron       45%       45%         Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Vitamin C	25%	25%	
Vitamin D       10%       25%         Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Calcium	10%	25%	
Thiamin       25%       30%         Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Iron	45%	45%	
Riboflavin       25%       35%         Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Vitamin D	10%	25%	
Niacin       25%       25%         Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Thiamin	25%	30%	
Vitamin B6       25%       25%         Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Riboflavin	25%	35%	
Folate       50%       50%         Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Niacin	25%	25%	
Vitamin B12       25%       25%         Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Vitamin B6	25%	25%	
Phosphorus       4%       15%         Magnesium       10%       10%         Zinc       25%       30%	Folate	50%	50%	
Magnesium       10%       10%         Zinc       25%       30%	Vitamin B12	25%	25%	
Zinc 25% 30%	Phosphorus	4%	15%	
Zinc 25% 30%	Magnesium	10%	10%	
Copper 2% 2%	Zinc			
	Copper	2%	2%	

<sup>\*</sup>Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

<sup>\*\*</sup>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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
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Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4