

**All Natural Wild Blueberry Oatmeal**  
**Dutch Valley Foods**  
**July 14, 2008 - Revised**

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (dry) (55g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 230</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>1%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 3g	<b>13%</b>
Sugars 14g	
<b>Protein 7g</b>	
Vitamin A 2%	• Vitamin C 80%
Calcium 8%	• Iron 8%
*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 wild blueberries, blueberry juice powder, dairy cream powder (with nonfat dry milk & corn syrup solids), realsalt (R) un-refined mineral sea salt, natural blueberry 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.