

**All Natural Cinnamon Toast Oat & Bran Cereal**  
**Dutch Valley Foods**  
**March 21, 2007 - Revised**

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (dry) (55g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 210</b>	<b>Calories from Fat 40</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0.5g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>1%</b>
<b>Sodium 370mg</b>	<b>16%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 5g	<b>19%</b>
Sugars 13g	
<b>Protein 7g</b>	
Vitamin A 0%	• Vitamin C 2%
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, natural evaporated cane juice, wheat bran, sweet cream buttermilk, natural butter flavor (maltodextrin, salt, natural flavor, buttermilk solids, cornstarch, soybean oil, extractives of paprika & turmeric), whole wheat flour, cinnamon, realsalt (R) unrefined mineral sea salt.

**Allergen Information**

\*\*Contains: Wheat, 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 and stir. Cover and let stand for 60 seconds. Enjoy! \*Milk may be used instead of water.