

All Natural Maple & Brown Sugar Cereal
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 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	13%
Sugars 12g	
Protein 7g	
Vitamin A 2%	• 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, whole milk powder, brown sugar (cane sugar, molasses), pure maple sugar, evaporated cane juice, soybean oil, natural maple flavor, realsalt (R) unrefined mineral sea salt.

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.