

All Natural Swiss-Style Muesli  
 Dutch Valley Foods  
 July 14, 2008 - Revised

<b>Nutrition Facts</b>	
Serving Size 1/3 cup (45g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 170</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>7%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 4g	15%
Sugars 9g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• 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, 7-Grain Mix (red hard wheat, spelt, white soft wheat, oats, rye barley, triticale), Craisins (cranberries, sugar, sunflower oil), dates (with dextrose), Thompson Seedless Raisins with pure vegetable (soybean or sunflower) oil, Almonds, Flax Seed, Soybean Oil, Pumpkin Seed.

**Allergen Information:**

\*\*Contains: Tree Nuts, Wheat and Soy Ingredients.

\*\*Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.