

FORMULA GU-to-10

GILSTER-MARY LEE CORP.

PRODUCT TOASTED OATS (USA)DATE 06/04/01WEIGHT 35 OZ**INFORMATION PANEL****NUTRITION FACTS**

Serving Size 1 cup ( 30g)

Servings per container about 14

<b>Amount Per Serving</b>	<b>Dry</b>	<b>Cereal with ½ cup Vitamins A&amp;D skim milk</b>
Calories	110	150
Calories from Fat	15	15
	% Daily Value**	
Total Fat 2 g*	3%	3%
Saturated Fat 0 g	0%	0%
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		
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%
Copper	2%	2%

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

\*\*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

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4