

Oatmeal Nutrition & Ingredients

	<u>Serving</u> <u>Size (g)</u>	<u>Calories</u>	<u>Calories</u> <u>from Fat</u> <u>(g)</u>	<u>Total Fat</u> <u>(g)</u>	<u>Saturate</u> <u>d Fat (g)</u>	<u>Trans Fat</u> <u>(g)</u>	<u>Choleste</u> <u>rol (mg)</u>	<u>Sodium</u> <u>(mg)</u>	<u>Total</u> <u>Carbohy</u> <u>drates</u> <u>(g)</u>	<u>Fiber (g)</u>	<u>Sugars</u> <u>(g)</u>	<u>Protein</u> <u>(g)</u>
Oatmeal	45	170	30	3	0	0	0	25	30	5	2	6
<i>Classic Toppings:</i>												
Toasted Almonds	14	80	60	7	0.5	0	0	0	3	2	1	3
Brown Sugar	13	50	0	0	0	0	0	0	12	0	12	0
Wild Blueberries	14	50	0	0	0	0	0	0	12	1	11	0

Ingredients:

Oatmeal	Oats, Evaporated Cane Juice Crystals, Wheat Germ, Golden Flaxmeal, Steel Cut Oats, Sea Salt. Contains: Wheat.
<i>Classic Toppings:</i>	
Toasted Almonds	Almonds, Vegetable Oil (May contain one or more of the following: peanut, canola, sunflower and/or soybean). Contains: Almond.
Wild Blueberries	Wild Blueberries, Corn Syrup, Sugar, Natural Flavor, Citric Acid, Sunflower Oil, Potassium Sorbate added as a preservative.
Brown Sugar	Brown Sugar.