

Oatmeal Nutrition & Ingredients

	<u>Serving Size (g)</u>	<u>Calories</u>	<u>Calories from Fat (g)</u>	<u>Total Fat (g)</u>	<u>Saturate d Fat (g)</u>	<u>Trans Fat (g)</u>	<u>Choleste rol (mg)</u>	<u>Sodium (mg)</u>	<u>Total Carbohy drates (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (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.

Classic Toppings:

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.