

Wholewheat Oatmeal (Large)

Nutrition Facts

Serving Size: 2 slices (116g)
Servings Per Container: About 7

Calories 290
Calories from Fat 30

Amount/serving	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Vitamin A 0% • Vitamin C 6% • Calcium 0% • Iron 10%	

Amount/serving	% Daily Value*
Total Carbohydrate 56g	19%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 11g	

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, OATS, HONEY, SUNFLOWER OIL, WHITE VINEGAR, PURIFIED SEA SALT, INSTANT DRY YEAST

CONTAINS: WHEAT