

California Cereal Products, Inc.
Nutrition Label
Gfto-4 Gluten Free Toasted Oats

4:26pm 03/17/2015

Nutrition Facts																																	
Serving Size 100 g																																	
Servings Per Container 1																																	
Amount Per Serving																																	
Calories 460	Calories from Fat 140																																
% Daily Value*																																	
Total Fat 16g	25%																																
Saturated Fat 1.5g	8%																																
<i>Trans</i> Fat 0g																																	
Polyunsaturated Fat 4g																																	
Monounsaturated Fat 9g																																	
Cholesterol 0mg	0%																																
Sodium 0mg	0%																																
Potassium 360mg	10%																																
Total Carbohydrate 66g	22%																																
Dietary Fiber 9g	35%																																
Soluble Fiber 3g																																	
Insoluble Fiber 5g																																	
Sugars 11g																																	
Protein 14g	28%																																
Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 20% Vitamin D 0% • Vitamin E 10% Thiamin 40% • Riboflavin 6% Niacin 4% • Vitamin B6 4% Folate 10% • Vitamin B12 0% Magnesium 35% • Zinc 20%																																	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.																																	
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Potassium</td> <td>Less than</td> <td>3,500mg</td> <td>3,500mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		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	Less than	3,500mg	3,500mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
	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	Less than	3,500mg	3,500mg																														
Total Carbohydrate		300g	375g																														
Dietary Fiber		25g	30g																														
Calories per gram:																																	
Fat 9 • Carbohydrate 4 • Protein 4																																	

INGREDIENTS: Oats, Evaporated Cane Juice, Oil, Vegetable, Natreon Canola, High Stability, Non Trans, High Oleic (70%), Mixed Tocopherol (Vitamin E)