



BUCKEYE® OLD FASHIONED OATS – 50 lbs.



Nutrition Facts		
Serving Size 1/2 cup dry (40 g)		
Servings Per Container see table		
Amount Per Serving		
	Cereal Alone	With 1/2 cup of Vit. A & D fortified skim milk
Calories	150	190
Calories from Fat	25	25
% Daily Value**		
Total Fat 3g*	4%	5%
Saturated Fat 0.5g	2%	2%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	1%
Sodium 0mg	0%	2%
Total Carbohydrate 27g	9%	11%
Dietary Fiber 4g	15%	15%
Soluble Fiber 2g		
Insoluble Fiber 2g		
Sugars 1g		
Protein 5g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	10%	10%
Vitamin D	0%	10%
Thiamin	10%	15%
Riboflavin	2%	15%
Niacin	0%	2%
Phosphorus	15%	30%
Magnesium	10%	15%

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

INGREDIENTS: WHOLE GRAIN ROLLED OATS.

Case UPC	000-30000-20124-4
Package UPC	0-30000-20124-4
Case Pack	1 / 50 lb. bag
Kosher Status	Yes – Pareve
Grains – oz. eq.	1.25
Weight of Grain	40 g
Document Updated	1/15

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information