



Dot Foods, Inc

206255 - Cereal Old Fashion Oats 04651

Naturally Cholesterol Free or A Cholesterol Free Food; Naturally Low Fat Food; good source of fiber



Nutrition Facts

Serving Size: 40 Grams

Number of Servings per 500

Amount Per Serving

Calories: 150 Calories from Fat: 25

% Daily Value*

Total Fat 3 g 5%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 27 g 9%

Dietary Fiber 4 g 16%

Sugars 0.5 g %

Protein 5 g %

Vitamin A	Per Srv	Vitamin C	Per Srv
	0%		0%

Calcium	0%	Iron	10%
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*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			

Calories per gram		
Fat	Carbohydrate	Protein

* Benefits

Ingredients

100% whole grain rolled oats

⚠ Allergens

Handling Suggestions

Dry

Serving Suggestions

serve with fruit and/or milk

Prep & Cooking Suggestions

See package

📄 Product Specifications

Brand	Manufacturer	Product Category
MALT-O-MEAL	Dot Foods, Inc	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
04651	206255	10042400046513		12 x 42 OZ / CS

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
34.99 lb	31.5 LB	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
21.63 in	16.25 in	10 in	2.03 FT3	5x4	545 DAYS	35°f / 85°f



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Nutrition Analysis

Calories	150 kcal	Total Fat	3 g	Sodium	0 mg
Protein	5 g	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates***	27 g	Saturated Fat	0.5 g	Iron	1.8 mg
Sugars	0.5 g	Polyunsaturated Fat		Potassium	
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol•	0 mg	Phosphorus	
Sucrose					
Vitamin A(U)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

