

Nutrition Facts

Serving Size 1 cup (Approx 40g)

Serving Per Uit 10

**Toasted
Nut
Oat Cereal**With 125ml of
semi-skimmed
milk added

Calories	169	235
Calories from Fat	45	64
% Daily Value**		
Total Fat 5.0g	8%	11%
Saturated Fat 1.6g	8%	15%
Trans Fat 0.01g		
Polyunsaturated Fat 1.0g		
Monounsaturated Fat 2.2g		
Cholesterol <2mg	0%	<3%
Sodium 29.3mg	10%	12%
Total Carbohydrate 29.3g	10%	12%
Dietary Fiber 2.8g	11%	11%
Sugars 10.8g		
Protein 3.2g	6%	15%
Vitamin A <24yg	<1%	<3%
Vitamin C <0.4mg	0%	<5%
Calcium 16mg	2%	17%
Iron 0.9mg	5%	5%

*Amount in cereal. One half cup fat free milk, contributes an additional 40 calories, 50mg sodium, 6g total carbohydrate (6g sugar) and 4g protein.

**Percent daily values are based on a 2,000 calorie diet. Our daily values may be higher or lower on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Saturated fat	Less than	20g	20g
Cholesterol	Less than	300mg	400mg
Sodium	Less than	2,400mg	3,000mg
Total carbohydrate		300g	400g
Dietary fibre		25g	50g

Calories per gram: 15.4

Sugars 0.23*Fat 0.06*Saturated 0.01*Sodium 1.8*Fibre 0.2