



Revised By: ddavidson

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Bob's Red Mill Natural Foods

Product Specifications:

Product Name: 5 Grain Rolled Cereal 25 lb

Product Number: P101103

Product Description: CEREAL 5 GRAIN ROLLED are made from mix of milled whole grain oats, rye, barley, triticale and flaxseed, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Whole Grain Wheat, Rye, Barley, Oats, Triticale (Wheat) and Flaxseed.

Allergen List: Wheat.

Physical Properties:

Appearance: Tan to off white flattened mix.

Aroma: Clean, typical of oats with no rancid or off-odors.

Flavor: Clean, typical of oats with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	367.00
% Daily Value*	
Total Fat 2.10g	3%
Saturated Fat 0.50g	3%
Trans Fat 0.00g	
Cholesterol 0.00mg	0%
Sodium 13.80mg	1%
Total Carbohydrate 74.70g	27%
Dietary Fiber 11.40g	46%
Total Sugars 1.10g	
Includes 0.00g Added Sugars	0%
Protein 12.20g	
Vitamin D 0.00mcg	
Calcium 40.30mg	
Iron 3.41mg	
Potassium 408.00mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Certifications:

<u>Kosher Certification:</u>	OK Kosher Certification of Brooklyn, New York
<u>Non-GMO Certification:</u>	Verified by the Non-GMO Project.
<u>Audit Certification:</u>	SQF Food Safety Code: Food Manufacturing, ed. 9

Organic Certification:

Gluten Free Certification:

Fair Trade Certified:

Country of Origin: Canada, United States of America