BOB'S RED MILL NATURAL FOODS, INC.

Product Specification

Product Name: GF OAT FLOUR WHOLE GRAIN

Product Number: 1984

Item Numbers: P101691; P101693; P101694

Product Description:	*GF OAT FLOUR WHOLE GRAIN are made from milled gluten free whole grain oats, 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 Oats.*
Allergens:	*No Allergens.*
Gluten Free:	*This product is a gluten-free food. In accordance with the Codex Alimentarius' established threshold for gluten contamination, this product contains less than 20 ppm gluten.*

Physical Properties

Appearance:	*White to light brown fine flour.*
Aroma:	*Mild with no rancid or off-odors.*
Flavor:	*Clean, typical of cooked oats with no rancid or undesirable flavors.*

Original draft: 2/18/2016
Revision date: 1/27/2026
Approved by: zeast

Revised by: zeast
Revision #: 7
Document #: FG SPEC 1984 GF OAT FLOUR WHOLE GRAIN

Nutrition Facts

Serving Size: 100g

Amount Per Serving

Calories	**400**
	% Daily Value*
Total Fat 6 g	**8%**
Saturated Fat 1.0 g	**5%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 10 mg	**0%**
Total Carbohydrate 74 g	**27%**
Dietary Fiber 12 g	**43%**
Total Sugars 1 g	
Includes 0 g Added Sugars	**0%**
Protein 12 g	
Vitamin D 0 mcg	**0%**
Calcium 38 mg	**3%**
Iron 5 mg	**28%**
Potassium 334 mg	**7%**

* 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.

BOB'S RED MILL NATURAL FOOD, INC.
Manufacturers of
Natural Stone Ground Whole Grain Flours • Cereals • Meals • Bulk Grains • Seeds • Beans
13521 SE Pheasant Ct. • Milwaukie, OR 97222 • (503) 654-3215 • FAX: (503) 653-1339 • www.bobsredmill.com

Certifications

Kosher:	*Certified by OK Kosher Certification of Brooklyn, New York*
Non-GMO:	*Verified by the Non-GMO Project.*
ISA Halal:	*Certified by ISA Halal.*
3rd Party Food Safety Audit:	*SQF Food Safety Code Certified*
Country of Origin:	*Canada*
Shelf Life:	*When handled under recommended storage, the product has a 548 day shelf life for optimum flavor and quality. Shelf life is printed on each package and case using a "Best By" date. The "Best By" date is the production date plus the determined appropriate shelf life time. The "Best By" date is displayed as Day/Month/Year and is printed with the format of DD/MM/YYYY*