

WHOLE GRAIN EXTRA THICK ROLLED OATS



Net Wt 50 LB (22.68 kg)



Nutrition Facts

About 454 servings
per container

Serving size
1/2 cup (50g)

Calories
per serving **190**

Amount/serving	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount/serving	% Daily Value*
Total Carbohydrates 34g	12%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	

Vitamin D 0mcg 0% • Calcium 18mg 2% • Iron 2mg 10% • Potassium 167mg 4%

*The % Daily Value
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.

INGREDIENT: Whole Grain Oats.

Distributed by
Bob's Red Mill Natural Foods, Inc.
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Milwaukie, Oregon 97222 U.S.A.
Store in a cool, dry place.



For information and recipes, visit bobsredmill.com