

Product Nutrition and Contribution



OATMEAL AND BERRY CRISP

Nutrition Facts

Serving Size 5.81 ounces (164.71g)
Servings Per Container 1

Amount Per Serving

Calories 220 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 54g **18%**

Dietary Fiber 4g **16%**

Sugars 38g

Protein 3g

Vitamin A 0% • Vitamin C 30%

Calcium 4% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Meat/Meat Alternate	0 oz
Grain/Bread	1 Serving
Vegetable/Fruit	1/2 cup

Allergen: **None**