

7" wide



QUICK ROLLED OATS

260 TOTAL SERVINGS

CONTENTS

260 total servings of
Quick Rolled Oats

Packaged for long-term storage or every day use.
Easy to prepare – just add to boiling water.

COOKS

IN
JUST

1

MINUTE!

NET WEIGHT 23 lbs (10.43 kg)

Part # 20-04410

8" high

7" wide



QUICK ROLLED OATS



Nutrition Facts

Serving Size 1/2 cup oats (40g)
Servings Per Container 260

Amount Per Serving

Calories 150 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **15%**

Sugars 0g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Heart-healthy oatmeal is the perfect way to start your day. Food for Health's Quick Rolled Oats help give you a quick boost—enjoy a hot, nutritious meal in minutes. A favorite of children and adults alike, these 260 servings might go faster than you think.

DIRECTIONS: Add ½ cup of oats to 1 cup of boiling water. Continue boiling uncovered for 1 minute or until desired consistency.

INGREDIENTS: Whole Grain Rolled Oats

Produced on equipment that also produces Milk, Soy, Eggs, Wheat and Tree Nuts.

Package is nitrogen flushed or contains oxygen absorber. Do not consume oxygen absorber.

Shelf Life: Up to 20 years from date of manufacture. For best taste and nutritional value, store between 60°F and 70°F.



Manufactured by:

Food for Health International
3560 West Ninigret Drive
Salt Lake City, UT 84104
www.foodforhealthinternational.com



Part # 20-04411

8" high