

**Full Report (All Nutrients) 45339980, OLD-FASHIONED ROLLED OATS, UPC: 099482419929**
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**Report Date: June 18, 2019 13:13 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Whole Foods Market, Inc.

Nutrient	Unit	Data points	Std. Error	0.5 cup 40g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	150	375
Protein	g	--	--	5.00	12.50
Total lipid (fat)	g	--	--	2.50	6.25
Carbohydrate, by difference	g	--	--	27.00	67.50
Fiber, total dietary	g	--	--	4.0	10.0
Fiber, soluble	g	--	--	2.0	5.0
Fiber, insoluble	g	--	--	2.0	5.0
Sugars, total	g	--	--	1.00	2.50
<b>Minerals</b>					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	1.80	4.50
Sodium, Na	mg	--	--	0	0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.500	1.250
Fatty acids, total monounsaturated	g	--	--	1.000	2.500
Fatty acids, total polyunsaturated	g	--	--	1.000	2.500
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0
<b>Amino Acids</b>					

<b>Nutrient</b>	<b>Unit</b>	<b>Data points</b>	<b>Std. Error</b>	<b>0.5 cup 40g</b>	<b>1 Value Per100 g</b>
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**Other**

**Ingredients**

ORGANIC ROLLED OATS. *Date Available: 05/03/2018 Date Last Updated by Company: 05/03/2018*