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**HEART  HEALTHY**  
**100% WHOLE GRAIN**

SOLUBLE FIBER FROM FOODS SUCH AS KROGER OLD FASHIONED OATS, AS PART OF A DIET LOW IN SATURATED FAT AND CHOLESTEROL, MAY REDUCE THE RISK OF HEART DISEASE. A SERVING OF WHOLE GRAIN OATS SUPPLES 2 GRAMS OF THE GRAIN'S SOLUBLE FIBER FROM ROLLED OATS NECESSARY PER DAY TO HAVE THIS EFFECT.

ENLARGED TO SHOW DETAIL  
SERVING SUGGESTION



FROM OUR FAMILY  
TO YOURS™



**old fashioned**  
**100% whole grain oats** ® PARVE

ABOUT 13 SERVINGS

NET WT 18 OZ  
(1 LB 2 OZ) 510g

<b>150</b>	<b>2.5g</b>	<b>0mg</b>	<b>1g</b>
CALORIES	TOTAL FAT	SODIUM	SUGARS
PER SERVING			

# Nutrition Facts

Serving Size 1/2 cup uncooked (40g)

Servings Per Container about 13

## Amount Per Serving

**Calories** 150    Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.5g    **4%**

Saturated Fat 0g    **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Total Carbohydrate** 27g    **9%**

Dietary Fiber 4g    **17%**

Soluble Fiber 2g

Insoluble Fiber 2g

Sugars 1g

**Protein** 6g

Vitamin A 0%    •    Vitamin C 0%

Calcium 2%    •    Iron 10%

\*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

**INGREDIENTS: WHOLE GRAIN ROLLED**

**OATS.**

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CINCINNATI, OHIO 45202