



**NEW LOOK**  
SAME GREAT  
TASTE

**ALWAYS  
ORGANIC**

**5g FIBER**  
PER SERVING

**10g PROTEIN**  
PER SERVING WITH MILK\*



# PUMPKIN SEED + FLAX GRANOLA



EXCELLENT SOURCE OF ALA OMEGA-3†

CEREAL · NET WT. 11.5 OZ. (325g)

FRUIT SHOWN AS  
SERVING SUGGESTION

## PUMPKIN SEED + FLAX GRANOLA

**INGREDIENTS:** Whole grain rolled oats\*, cane sugar\*, soy oil\*, brown rice flour\*, pumpkin seeds\*, flax seeds\*, oat syrup solids\* (oat syrup solids\*, tocopherols), sea salt molasses\*, cinnamon\* **\*Organic.**

**Contains soy. Produced in a facility that uses peanuts, tree nuts and wheat.**

\*Contains 700 mg of ALA per serving, which is 44% of the 1.6g Daily Value for ALA

VEGAN

### Nutrition Facts

About 6 servings per container

Serving size 3/4 cup cereal (55g)

	Per 3/4 cup cereal	Per 3/4 cup cereal with 1/2 cup skim milk
<b>Calories</b>	<b>260</b>	<b>300</b>
	% DV*	% DV*
<b>Total Fat</b>	10g <b>13%</b>	10g <b>13%</b>
Saturated Fat	1.5g <b>8%</b>	1.5g <b>8%</b>
Trans Fat	0g	0g
Polyunsaturated Fat	5g	5g
Monounsaturated Fat	3g	3g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	45mg <b>2%</b>	95mg <b>4%</b>
<b>Total Carb.</b>	37g <b>13%</b>	43g <b>16%</b>
Dietary Fiber	5g <b>18%</b>	5g <b>18%</b>
Total Sugars	10g	16g
Incl. Added Sugars	9g <b>18%</b>	9g <b>18%</b>
<b>Protein</b>	6g	10g
Vitamin D	0mcg 0%	2mcg 8%
Calcium	28mg 2%	177mg 15%
Iron	2mg 10%	2mg 10%
Potassium	184mg 4%	375mg 8%

\* The % Daily Value (DV) 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.

Nature's Path Foods Inc.  
Blaine, WA 98230 Product of USA  
Certified organic by Quality Assurance International (QAI).

