



DHARMA INITIATIVE

OATS

20090204CLF

NET WT. 42 OZ (1.19Kg)

### Nutrition Facts

Serving Size 1/2 cup (40g) dry  
Servings Per Container about 30

Amount/serving	Oats	With 1/2 cup Vit. A & D Fortified Skim Milk
<b>Calories</b>	150	190
Calories from Fat	25	25
<b>Total Fat</b> 2.5g*	4%	4%
Sat. Fat 0.5g	2%	2%
Trans Fat 0g	0%	
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 0mg	0%	3%
<b>Total Carb.</b> 27g	9%	11%
Dietary Fiber 4g	15%	15%
Soluble Fiber 2g		
Insoluble Fiber 2g		
Sugars less than 1g		
<b>Protein</b> 5g		
Vitamin A	0%	4%
Vitamin C	0%	2%
Calcium	0%	15%
Iron	10%	10%
Vitamin D	0%	10%

\*Amount in oats. Prepared with 1/2 cup Vitamin A & D fortified skim milk contributes an additional 40 calories, 65mg sodium, 6g carbohydrates (6g sugars) and 4g protein.

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

INGREDIENTS: ROLLED OATS



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For 1 serving combine 1 cup water, 1/2 cup oats, and dash salt.

#### Range Top Directions:

1. Bring water (or milk) and salt to a boil. Stir in oats.
2. Cook about 5 minutes over medium heat or until thickened. Stir occasionally.
3. Stir before serving.

#### Microwave Directions:

1. For 1 serving, combine water (or milk), salt and oats in a medium microwave bowl.
2. Microwave on HIGH for 2 1/2 to 3 minutes or until thickened.
3. Stir before serving.



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