



## Products



### ONLY OATS Certified Gluten-Free QUICK OAT FLAKES

Fast and Flavorful! ONLY OATS Certified Gluten-Free Quick Oat Flakes are made from rolling steel cut oats. The smaller flakes speed up the cooking time for those rushed mornings! They are high in fiber and low in saturated fat. So, even though you are in a hurry you can still enjoy a healthy breakfast. Healthy living begins with the benefits of pure oats.

**Ingredients:** Certified Gluten-Free Oats

**Shelf Life:** 18 months from date of manufacture

#### Product Features:

- Free of major allergens
- Free of genetically modified ingredients
- Produced in a gluten-free, oat dedicated facility
- Produced in milling facility with a Food Safety System Certification (FSSC) 22000
- Produced through the Avena Purity Protocol
  - Tests below 10ppm of gluten 100% of the time.
  - Meets Gluten-Free Certification Organization (GFCO) standard and surpasses Health Canada's Gluten-Free labelling guideline.

#### Other Features:

- No sugar added
- Cholesterol and trans fat free
- Low in saturated fat
- High source of fiber
- Excellent source of iron
- All natural ingredients
- No additives or preservatives



Nutrition Facts Valeur nutritive	
Per 1 serving (45 g) / pour 1 serving (45 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
<b>Fat / Lipides 3 g</b>	<b>5 %</b>
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Polyunsaturated / Polyinsaturés 1.5 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / Monoinsaturés 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 25 mg	1 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 5 g	20 %
Sugars / Sucres 0 g	
<b>Protein / Protéines 5 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %

#### Certifications:



#### Packaging Details:

Retail Pack Size	1 Kg	Case Dimension	
UPC Code	663780100034	Weight: 6 Kg	Dimensions (cm): 28 x 23 x 10
Master Case Count	1	Pallet Configuration	
Master Case UPC	10663780100031	Ti: 13	Hi: 8
Inner Pack Count	6		