



## Products



### ONLY OATS Certified Gluten-Free ROLLED OATS

Yummy ideas start with Rolled Oats! Nutritious ideas too! Only Oats Certified Gluten-Free Rolled Oats are high in fiber, low in fat and full of minerals such as iron and calcium. They add a nutritional punch to your favorite muffin, cookie or crisp recipe, and are part of a healthy breakfast. What a great way to start the day!



**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 5ppm of gluten at 98% of the time.
  - Surpasses Gluten-Free Certification Organization (GFCO) standard of 10ppm or less of gluten and Health Canada's Gluten-Free labelling guideline of not more than 20ppm of gluten

#### 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

#### Certifications:



Nutrition Facts Valeur nutritive	
Per 1 serving (40 g) / pour 1 serving (40 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.5 g + Trans / trans 0 g	2 %
Polyunsaturated / Polyinsaturés 1 g	
Omega-6 / oméga-6 1 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / Monoinsaturés 0.9 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 20 mg	1 %
Carbohydrate / Glucides 28 g	9 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %

#### Packaging Details:

Retail Pack Size	1 Kg	Case Dimension	
UPC Code	663780100027	Weight: 6 Kg	Dimensions (cm): 28 x 23 x 10
Master Case Count	1	Pallet Configuration	
Master Case UPC	10663780100024	Ti: 13	Hi: 8
Inner Pack Count	6		