



Products



ONLY OATS Certified Gluten-Free STEEL CUT OATS

Nutritious and delicious! High fiber Only Oats Certified Gluten-Free Steel Cut Oats have a hearty texture and an almost nutty flavor! They take a little longer to cook than quick oat flakes or rolled oats, but the taste is worth it and nutritionally they have an even lower glycemic index making them a great choice for a diabetic diet.

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 (45 g) pour 1 serving (45 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 3 g	4 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	1 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 5 g	21 %
Sugars / Sucres 0 g	
Protein / Protéines 5 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		

