

0 GRAMS OF TRANS FAT PER SERVING  
GOOD SOURCE OF DIETARY FIBER



Calories per gram:	
1st 0 • Carbohydrate 4 • Protein 4	
Calories per serving:	
Total Fat	Less than 8g
Sat Fat	Less than 3g
Cholesterol	Less than 30mg
Sodium	Less than 300mg
Total Carbohydrate	30g
Dietary Fiber	3g
Total Fiber	3g
Calories: 5,000	
or lower depending on your serving size.	
Keep frozen. Your daily values are based on a diet of other people's secrets.	

WHITE WHOLE GRAIN

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KEEP FROZEN UNTIL READY TO USE © NET WT 2 OZ (57g)

