

07/07/2016

Nutrition Facts

Serving Size 1/3 cup (28g)
Servings Per Container 12

Amount Per Serving

Calories 150 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 3g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 6%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whole grain rolled oats, dried cranberries (cranberries, sugar, sunflower oil), maple syrup, sunflower seeds, almonds, pumpkin seeds, brown sugar, unsweetened desiccated coconut (with sodium metabisulfite to retain color), olive oil, unrefined cold pressed coconut oil, flax seeds, kosher salt, natural vanilla flavor, cinnamon, mixed tocopherols (vitamin E to retain freshness).
Contains: tree nuts (almonds, coconut).

Net weight 12 oz (340g)

Based on package size 5"x2"x8" Principal Display Panel = 40 sq"
font size for net weight statement = 3/16"
based on lower case "o"

Database nutrition analysis performed by:
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Formula 7/7/16

9.5 lbs oats
2.5 lbs almonds
2.5 lbs pumpkin seeds
3 lbs sunflower seeds
1.75 lbs coconut flake
2.5 lbs brown sugar
12 oz flax
35 g salt
21 g cinnamon
28 oz olive oil
20 oz coconut oil
7 tsp vanilla
4.5 c. maple syrup
12 g vitamin E
3.75 lbs cranberries