



BERNARD
FOOD INDUSTRIES, INC.®

HI PROTEIN OATMEAL MIX

REORDER 219005

A specially-formulated product that can easily be prepared with either water or milk.

Each 27.5 ounce package will yield 13 - 1 cup servings.

Excellent for use in all healthcare establishments, especially so for geriatric feeding or for those instances where additional nourishment is required.

YIELD PER CASE: 104 – 1 cup servings

PACK SIZE: 8 @ 27.5 oz.

Nutrition Facts

Serving Size 7/8 cup prepared (60g mix)

Servings Per Container 13

Amount Per Serving

	Mix alone	Prepared
Calories	250	330
Calories from Fat	70	110

% Daily Value*

Total Fat 8 g	12%	20%
Saturated Fat 1 g	6%	23%
Trans Fat 0 g		
Cholesterol < 5 mg	1%	8%
Sodium 230 mg	9%	12%
Potassium 330 mg		10%
Total Carbohydrate 38 g	13%	14%
Dietary Fiber 3 g	12%	11%
Sugars 18 g		
Protein 9 g		19%
Vitamin A	0%	4%
Vitamin C	0%	4%
Calcium	10%	30%
Iron	8%	8%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: ROLLED OATS, WHEY PROTIEN CONCENTRATE, SUGAR, SUNFLOWER OIL, SILICON DIOXIDE, SALT, ARTIFICIAL FLAVOR.

Contains MILK
May contain WHEAT