

Product: **Oats Plus**

NUTRITIONAL INFORMATION (APPROX.):

		Per 100g	Per Serve (45g)
Energy	kcal	399	180
Protein	g	11.1	5.0
Total Carbohydrate	g	70.7	31.8
of which Sugars*	g	1.8	0.8
Total Fat	g	8.0	3.6
Saturated Fat	g	1.8	0.8
MUFA	g	3.6	1.6
PUFA	g	2.6	1.2
Trans Fat	g	0.0	0.0
Cholesterol	mg	0.0	0.0
Total Dietary Fibre	g	10.0	4.5
Soluble Fibre	g	3.6	1.6
Insoluble Fibre	g	6.4	2.9
Iron	mg	3.5	1.6
Magnesium	mg	112.5	50.6
Sodium	mg	117.4	52.8
Zinc	mg	2.6	1.2
Calcium	mg	46.6	21.0

Total Trans Fat content not more than 0.0 per cent by weight.
 Total Saturated Fat content not more than 1.8 per cent by weight.

Ingredients:

Oats (60%), Wheat Flakes (18%), Barley Flakes (15%), Ragi Flakes (5%), Sugar, Salt, Malt Extract.

CONTAINS ADDED FLAVOUR (NATURAL FLAVOURING SUBSTANCES)

- Vegetarian
- No added MSG
- No artificial flavouring
- Trans fat free #

* Total sugars

The term "Trans-fat free" means where trans-fat is less than 0.2 g per serving of food [Regulation No. 2.2.2 (3) proviso 2, of The Indian Food Safety and Standards (Packaging and Labeling) Regulation, 2011].