



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 – 7/8 cup servings

PACK SIZE: 8 @ 27.5 oz.

Nutrition Facts				
13 servings per container				
Serving size 7/8 cup prepared (60g Mix)				
Amount/serving	Mix with water		Prepared with milk	
Calories	250		330	
	% DV*		% DV*	
Total Fat	8g	10%	13g	17%
Saturated Fat	1g	6%	3g	14%
Trans Fat	0g		0g	
Cholesterol	<5mg	1%	24mg	8%
Sodium	230mg	10%	290mg	13%
Total Carb.	38g	14%	44g	16%
Dietary Fiber	3g	12%	3g	12%
Total Sugars	18g		24g	
Incl. Added Sugars	11g	22%	11g	22%
Protein	9g		14g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	140mg	11%	310mg	24%
Iron	1mg	8%	1mg	8%
Potassium	330mg	7%	550mg	12%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients : Rolled Oats, Whey Protein Concentrate, Sugar, Sunflower Oil, Silicon Dioxide, Salt, Artificial Flavor.
Contains Milk
May Contain Wheat