

# Product Nutrition Information Panel

The analytical data in the Product Nutrition Information Panel is provided solely as a guideline. Actual results may vary widely from stated values due to weather, soil conditions, crop year, and region of origin. Customers are encouraged to perform their own nutritional testing to meet nutritional labeling requirements.

**PRODUCT NAME:** Vita-Grain 9 Grain Blend

## NUTRITION INFORMATION PANEL:

Nutrient	Unit	Value per 100.0g
<b>Proximates</b>		
Energy	kcal	333.83
Protein	g	10.54
Total lipid (fat)	g	3.42
Carbohydrate, by difference	g	71.65
Fiber, total dietary	g	10.98
Sugars, total	g	1.00
Saturated Fat	g	0.49
Trans Fatty Acids	g	0
Cholesterol	mg	0.06
<b>Minerals</b>		
Calcium, Ca	mg	36.11
Iron, Fe	mg	3.09
Sodium, Na	mg	12.62
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	0.18
Vitamin A, RE	mcg	9.60
Vitamin A, IU	IU	96.16