Elmhurst Original Milked Oats

## **Nutrition Facts**

Serving size 8 fl oz (240ml) Amount Per Serving
$\Delta a last a = 100$
Calories 100
% Daily Value*
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
<b>Sodium</b> 120mg 5%
Total Carbohydrate 18g 7%
Dietary Fiber 2g 7%
Total Sugars 5g
Includes 4g Added Sugars 8%
Protein 4g
Vitamin D 0mcg 0%
Calcium 18mg 2%
Iron 1mg 6%
Potassium 95mg 2%
*The % Daily Value (DV) tells you how much a nutrient in a

\*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.