



PREMIUM OATMEAL



AVAILABLE IN
5
GOURMET FLAVORS

- goji blueberry
- apple walnut
- 5 berry
- coconut almond
- vermont maple

INNOVATIVE™
BEVERAGE
CONCEPTS

25 PROFESSIONAL
COFFEEBAR
YEARS PRODUCTS

SINCE 1996



@MODERNOATS





goji blueberry



apple walnut



5 berry



coconut almond



vermont maple

Nutrition Facts	
Serving size 1 container (75g)	
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 54g	20%
Dietary Fiber 6g	21%
Total Sugars 19g	
Includes 17g Added Sugars	34%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 3mg	15%
Potassium 223mg	4%

*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.

Nutrition Facts	
Serving size 1 container (75g)	
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 52g	19%
Dietary Fiber 7g	25%
Total Sugars 15g	
Includes 12g Added Sugars	24%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 3mg	15%
Potassium 258mg	6%

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Nutrition Facts	
Serving size 1 container (65g)	
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 49g	18%
Dietary Fiber 5g	18%
Total Sugars 18g	
Includes 15g Added Sugars	30%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.1mg	10%
Potassium 210mg	4%

*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.

Nutrition Facts	
Serving size 1 container (60g)	
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 6g	21%
Total Sugars 13g	
Includes 12g Added Sugars	24%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 2mg	10%
Potassium 223mg	4%

*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.

Nutrition Facts	
Serving size 1 container (60g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 2mg	10%
Potassium 213mg	4%

*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: Gluten-Free Whole Grain Rolled Oats, Organic Cane Sugar, Sweetened Saskatoon Berries (Saskatoon Berries, Sugar, Citric Acid, Sunflower Oil), Sweetened Wild Blueberries (Blueberries, Sugar, Citric Acid, Sunflower Oil, Natural Flavors), Hulled Sunflower Seeds, Organic Goji Berries, Pumpkin Seed Kernels, Almonds, Flax Seed, Coconut, Natural Flavor, Cinnamon. Contains: Almonds, Coconut.

INGREDIENTS: Gluten-Free Whole Grain Rolled Oats, Organic Cane Sugar, Apples, Walnuts, Flax Seed, Pumpkin Seed Kernels, Golden Raisins, (Raisins, Sunflower Oil), Hulled Sunflower Seeds, Organic Chia Seeds, Natural Flavor, Cinnamon. Contains: Walnuts.

INGREDIENTS: Gluten-Free Whole Grain Rolled Oats, Organic Cane Sugar, Sweetened Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Almonds, Pecans, Sweetened Blueberries (Blueberries, Sugar, Sunflower Oil), Blackberries, Strawberries, Raspberries, Natural Flavor. Contains: Almonds, Pecans.

INGREDIENTS: Gluten-Free Whole Grain Rolled Oats, Organic Cane Sugar, Organic Coconut Sugar, Almonds, Coconut, Organic Chia Seeds. Contains: Almonds, Coconut.

INGREDIENTS: Gluten-Free Whole Grain Rolled Oats, Pure Maple Sugar, Organic Cane Sugar, Pumpkin Seed Kernels, Hulled Sunflower Seeds, Organic Chia Seeds, Cardamom, Cinnamon.

Directions:

Add boiling water to cover oats. Cover with lid. Let steep for 3 minutes. Stir well. Savor.

*Microwaving is not recommended



To place an order or find your nearest distributor please contact us at customerservice@modernoats.com or call us at:

(888) 662-2334

flavors	item upc	6 pack upc	12 pack upc
goji blueberry	8 12169 00287 6	8 12169 00655 3	8 12169 00648 5
apple walnut	8 12169 00288 3	8 12169 00656 0	8 12169 00649 2
5 berry	8 12169 00294 4	8 12169 00661 4	8 12169 00653 9
coconut almond	8 12169 00310 1		8 12169 00664 5
vermont maple	8 12169 00311 8		8 12169 00665 2
variety pack: goji blueberry + apple walnut + vermont maple + coconut almond			8 12169 00659 1

