

organic

Sage Valley

ORGANIC WHOLE GRAIN CEREAL

Honey Nut Oats

With Organic Honey and Almonds

100% Natural

No Artificial Preservatives



The whole grain organic oats in our cereal provide nearly 30 percent of the recommended daily intake of 48 grams whole grains.

Diets rich in whole grain foods and other plant foods and low in fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers.

Our Organic Honey Nut Oats Cereal is fortified with these essential vitamins and minerals to help your body function at its best:

- 25% RDI* Iron, Niacin, Zinc, Vitamin B6, Thiamin
- 50% RDI Folic Acid
- 10% RDI Vitamins A, C & D

*Recommended Daily Intake

Sage Valley
organic
Honey Nut Oats

organic

Sage Valley



14g Whole Grains per Serving

Fortified with 9 Essential Vitamins and Minerals

3g Protein • Low Fat

SERVING SUGGESTION ENLARGED TO SHOW DETAIL

ORGANIC WHOLE GRAIN CEREAL

Honey Nut Oats

With Organic Honey and Almonds
100% Natural • No Artificial Preservatives



NET WT. 11.5 OZ. (326g)



organic

Nutrition Facts

Serving Size 1 cup (30g)
Servings Per Container about 11

Amount Per Serving	Cereal	Cereal with 1/2 cup skim milk
Calories	120	160
Calories from Fat	10	15

% Daily Value**

Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	1%
Trans Fat 0g		

Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 60mg	2%	8%
Total Carb. 24g	8%	10%
Dietary Fiber 2g	8%	8%
Sugars 10g		
Other Carbohydrate 12g		

Protein 3g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	4%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	25%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	50%	50%
Zinc	25%	30%

*Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g carbohydrate (6g sugars) and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ORGANIC WHOLE GRAIN OATS (INCLUDES ORGANIC OAT BRAN), ORGANIC SUGAR, ORGANIC RICE FLOUR, ORGANIC HONEY, SALT, ORGANIC GROUND ALMONDS, CALCIUM CARBONATE, MIXED TOCOPHEROLS (VITAMIN E) ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: FERRIC ORTHOPHOSPHATE (IRON SOURCE), SODIUM ASCORBATE (VITAMIN C), NIACINAMIDE (A B VITAMIN), ZINC OXIDE (ZINC SOURCE), VITAMIN A ACETATE, FOLIC ACID (A B VITAMIN), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN D.

THIS PRODUCT CONTAINS ALMONDS. While every precaution has been taken to prevent cross-contamination, this product is processed on a line that also processes wheat, soy, and peanut ingredients.

Distributed by: Sage Valley
St. Augustine, FL 32085-9000
(800) 223-2910

Certified organic by Quality Assurance International.

©2009 Sage Valley



TO CLOSE INSERT TAB HERE

organic

Sage Valley

"O" what a beautiful morning! Great taste and healthy whole grains make our Organic Honey Nut Oats the perfect way to start your day. Studies show that eating whole grains can lower your risk of heart disease. But we've made our whole grain goodness even better. Better for you. Better for the planet. Because certified organic ingredients keep our delicious Sage Valley Honey Nut Oats free from pesticides, artificial flavors and chemical preservatives. And we've packed every bite with heart-healthy organic almonds, essential vitamins and minerals with a kiss of organic honey for added nutrition and flavor.



Breakfast Makes Champions!

Breakfast isn't called the most important meal of the day for nothing! Eating a wholesome breakfast fills your hunger cells with glucose, the fuel they need for proper brain and body function after sleep. The result? More brain power, enhanced concentration, and even a better mood! What's more, breakfast lowers food cravings making weight control easier. And eating breakfast jump-starts your metabolism so you'll curb your appetite and burn more calories.

At Sage Valley, we're proud to bring you great-tasting natural foods prepared with care from "family-tested" recipes. We're picky about our products. We're passionate about our planet. So we search out only the best organic and all-natural ingredients from growers who share our commitment to sustainable agriculture and strong communities. Most of all, we're friends and neighbors too. We believe eating healthy should be delicious, and deliciously simple. That's our pledge, from all of us at Sage Valley to you. *Wholesome, hearty foods that are easy to enjoy and easy on your budget.*



Honey Nut Oats
organic

100% RECYCLED BOARD WITH 90% POST CONSUMER WASTE