


SPC-QSP-FOOD OATSNUT-230	 LA CROSSE MILLING CO.	EFFECTIVE DATE: 1/2/2023
This document will be reviewed every 3 years and as changes occur.		REPLACES: 12/30/2021
		ORIGINAL: 6/18/2015

WHOLE GRAIN OAT PRODUCTS

NUTRITIONAL GUIDELINE

Applicable to Conventional, Organic and Gluten Free Oat Products

Proximate Nutrients	Value Per 100 g	Unit
Moisture (Water)	10.84	g
Calories (Energy)	379	kcal
Protein	13.15	g
Total lipid (fat)	6.52	g
Saturated fat	1.11	g
Monounsaturated fat	1.98	g
Polyunsaturated fat	2.3	g
Trans-Fat	0	g
Cholesterol	0	mg
Total Carbohydrates	67.7	g
Sugars, total	0.99	g
Fiber, total dietary	10.1	g
Ash	1.77	g
Sodium, Na	6	mg
Calcium, Ca	52	mg
Potassium, K	362	mg
Iron, Fe	4.25	mg
Phosphorus, P	410	mg
Niacin	1.125	mg
Folic acid	0	µg
Vitamin A, IU	0	IU
Vitamin C	0	mg
Vitamin D	0	IU

FROM INFORMATION CONTAINED IN:

USDA Nutrient Database for Standard Reference Release 1 April 2018

**The analytical data in the nutritional section above is provided as a guideline. Naturally occurring oat crop variations, due to weather, soil conditions, crop year and region of origin, may result in deviations from the specified values and may result in specification changes.*

ALL PRODUCTS MANUFACTURED AT: 105 Highway 35; P.O. Box 86 Cochrane, WI 54622 USA (LMC has no other locations)

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