



OLD FASHIONED OAT BRAN HOT CEREAL

Have a Grain Day!™

HODGSON MILL

OLD FASHIONED
OAT BRAN
HOT CEREAL

Ready In
Minutes



Excellent Source
of Fiber

HODGSON MILL

OLD FASHIONED
OAT BRAN
HOT CEREAL



Have a Grain Day!™

Hodgson Mill Oat Bran Cereal is made from top-quality oats grown in America's heartland. The superior flavor and texture results from our milling process. The oats are milled to separate the fibrous coat, or bran layer, from the rest of the kernel. The end result is simple oat bran, with no fillers or preservatives.

Our Oat Bran Cereal is an excellent source of fiber, including soluble fiber.



Diets low in saturated fat and cholesterol and rich in fruits, vegetables and grains that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.



Hodgson Mill is a family owned company expertly milling grain since 1882.



Hodgson Mill promises you wholesome, delicious, quality products from America's Heartland.

Look for the entire line of Hodgson Mill products in the Flour, Corn Meal, Cereal, Pasta, Side Dish, Baking Mix and Gluten Free sections of your supermarket, or visit us online!

HodgsonMill.com

This package sold by weight, not by volume. Contents may have settled during shipping.

NEW LOOK!
SAME GREAT
TASTE!

OLD FASHIONED OAT BRAN HOT CEREAL

Nutrition Facts

Serving Size 1/4 cup dry (40g)
Servings Per Container 11

Amount Per Serving

Calories 120 Calories from Fat 25

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 23g 8%

Dietary Fiber 6g 24%

Soluble Fiber 3g

Sugars 0g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Oat Bran.

Hodgson Mill, Inc., 1100 Stevens Ave.
Effingham, IL 62401 • 800.525.0177

Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

Produced in a peanut/tree nut free facility.
Produced on shared equipment.
May contain traces of milk, soy or wheat.



Serving
Suggestion

NET WT 16 oz. (454 g.)

OLD FASHIONED OAT BRAN HOT CEREAL



USE BY:



5 1/8

2 1/8

15 3/32

7 1/4