



DIRECTIONS:

Cook 1/2 cup with 1 cup of water for 10 to 15 minutes or until tender.
 Serve with honey and milk.
 Great added to breads.

INGREDIENTS: Hard red wheat, white wheat, barley, rye, oats, corn, millet, hulled buckwheat, and flax seed.

Contains allergen: Wheat.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

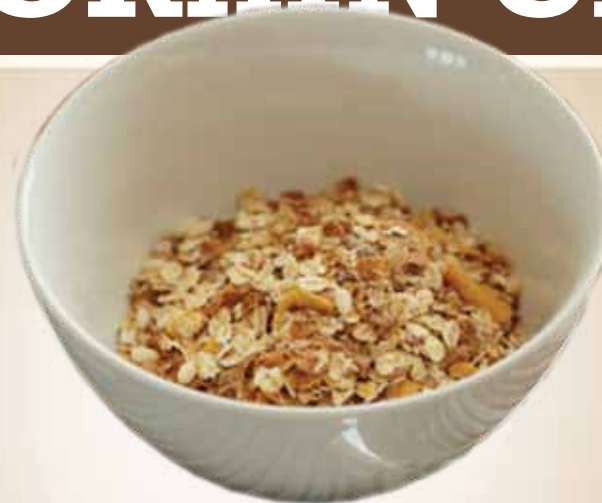
No preservatives added.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 20 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

NINE GRAIN CEREAL



NET WT 4 LBS (1.81 kg)

Nutrition Facts

Serving Size 1/2 cup uncooked (91g)
 Servings Per Container 20

Amount Per Serving

Calories 140 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 25g **8%**

Dietary Fiber 5g **18%**

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

*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	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram: Fat 9 Carbs 4 Protein 4



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www.harvestonfarms.com

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened _____

DH26-0911