



Medifast Apple Cinnamon Oatmeal

Naturally and Artificially Flavored

58000

Nutrition Facts

Serving Size 1 packet (32.2g)
Servings Per Container 7

Amount Per Serving

Calories 100 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Potassium 290mg 8%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 16%

Sugars 2g

Protein 11g 22%

Vitamin A 20% • Vitamin C 20%

Calcium 30% • Iron 25%

Vitamin D 20% • Vitamin E 20%

Vitamin K 15% • Thiamin 30%

Riboflavin 30% • Niacin 20%

Vitamin B6 30% • Folate 25%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 20% • Magnesium 15%

Zinc 20% • Selenium 20%

Copper 25% • Manganese 40%

Chromium 25% • Molybdenum 50%

*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 0 • Carbohydrate 4 • Protein 4

Ingredients: Rolled oats, soy protein isolate, oat fiber, apples, cinnamon, soy lecithin, salt, acesulfame potassium, dl-methionine, natural and artificial flavors, sulfiting agents (preservative).

Vitamins and Minerals: Calcium phosphate, potassium chloride, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: SOY AND SULFITES.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.