



Medifast Maple and Brown Sugar Oatmeal

Naturally and Artificially Flavored

58020

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 130mg	5%																																				
Potassium 290mg	8%																																				
Total Carbohydrate 15g	5%																																				
Dietary Fiber 4g	16%																																				
Sugars 2g																																					
Protein 11g	22%																																				
Vitamin A 20% • Vitamin C 30% Calcium 30% • Iron 25% Vitamin D 20% • Vitamin E 20% Vitamin K 20% • 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%																																					
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>																																					
	<table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Potassium</td> <td></td> <td>3,500 mg</td> <td>3,500 mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> <tr> <td>Protein</td> <td></td> <td>50g</td> <td>65g</td> </tr> </tbody> </table>		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
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<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>																																					

Ingredients: Rolled oats, soy protein isolate, oat fiber, brown sugar, soy lecithin, salt, acesulfame potassium, dl-methionine, natural and artificial flavors, sucrose, molasses, 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.