



# MORNFLAKE

## *Mighty Oats*

### Product Specification

### Mornflake

### Creamy Superfast Oats

### (2kg)

**Product Code / Barcode:** PR037599 / 5010026505170

**Legal Product Name:** Oatflakes

**Ingredients Declaration:** Mornflake **OATFLAKES** (100%)

**Allergy Advice:** For allergens, including cereals containing gluten, see ingredients in **BOLD**.  
Also, not suitable for **WHEAT** or **BARLEY** allergy sufferers due to the methods used in the manufacture of this product.

Allergens	Contains Yes/No	May Contain
1. Celery	No	No
2. Cereals containing Gluten Wheat (such as Spelt and Khorasan Wheat), Rye, Barley, Oats	Yes (Oats)	Yes (Wheat, Barley)
3. Crustaceans	No	No
4. Eggs	No	No
5. Fish	No	No
6. Lupin	No	No
7. Milk	No	No
8. Molluscs	No	No
9. Mustard	No	No
10. Nuts (Including Almonds, Hazelnuts, Walnuts, Cashew Nuts, Pecan Nuts, Brazil Nuts, Pistachio Nuts, Macadamia Nuts)	No	No
11. Peanuts	No	No
12. Sesame Seeds	No	No
13. Soya	No	No
14. Sulphur Dioxide	No	No

Doc Ref: FPSPEC PR037599	Site: Crewe	Category: Food & Feed Safety
Date: 30/03/2021	Page 1 of 3	Version No: 2.0 Status: Approved
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## Nutrition Information

Typical Values	Per 100g	Per 40g Portion <sup>‡</sup>	% RI Per 40g Portion
Energy	1543kJ 367kcal	617kJ 147kcal	7% 7%
Fat	8.4g	3.4g	5%
Of which saturates	1.3g	0.5g	3%
Carbohydrate	56.1g	22.4g	9%
Of which sugars	1.0g	0.4g	<1%
Fibre	9.1g	3.6g	-
Protein	12.1g	4.8g	10%
Salt	<0.01g	<0.01g	<1%
Minerals	% NRV		% NRV
Zinc	2.1mg 21%	0.85mg	8%
Manganese	3.4mg 170%	1.4mg	68%

Reference intake of an average adult (8400kJ/2000kcal)

RI = Reference intake

NRV = Nutrient Reference Value

This pack contains approx. 50 x 40g portions

<sup>‡</sup> Nutrition information per 40g portion will be the same when the product is cooked with water.

### Nutrition Claims:

Naturally High in Fibre  
Helps Actively Lower Cholesterol\*  
100% Wholegrain  
Natural Source of Protein\*\*  
Natural Source of Manganese & Zinc\*\*\*

### Health Claims:

As part of a varied balanced diet and a healthy lifestyle:  
\*Oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 40g portion of Mornflake Superfast Oats provides 1.6g of beta glucans from oats, which is 53% of 3g, the suggested daily amount;  
\*\* Protein contributes to a growth in muscle mass and the maintenance of normal bones;  
\*\*\* Zinc contributes to the normal functioning of the immune system, and both manganese and zinc contribute to the protection of cells from oxidative stress.

### Cooking Instructions:

See pack for details

### Suitable for:

This product is suitable for Vegetarians & Vegans.

### Transport & Storage:

UK Ambient 5-30°C ≤ 70% relative humidity.

### Storage:

Once opened store in a cool, dry place away from strong odours. To maintain optimum quality after opening store in an airtight container and use within two months, and by the best before date.

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**Shelf-Life:** 12 months.

**Pack Formats:** Packaged 2kg x 6 per case.

**Microbiological Standards (NB product is not routinely tested):**

Organism	Target	Reject
<i>Salmonella</i> spp <i>E. coli</i>	Not Detected in 25g ≤10 cfu/g	Present in 25g > 10 cfu/g

Morning Foods products comply with all applicable and relevant current legislation in Great Britain – specifically this will be the legislation in place at the final Packing Site (where there may be divergence of applicable legislation within Great Britain).

This product is packed in England.

Conformance to legislation in other countries should be verified prior to use, and is the responsibility of the customer.

Morning Foods does not certify its products as being suitable for infants and young children (i.e., those under three years old) or those on special diets. Any use of Morning Foods products for these specific categories must be verified by the customer.

**Exports to the EU**

Morning Foods declares that, except where otherwise clearly indicated, this product is of United Kingdom preferential origin.

Where present:

- Dairy components are 100% UK/EU origin.
- Any non-UK/EU Honey is present at <15% and is therefore within rules of origin general tolerance provisions.
- Any non-UK/EU originating sugar is present at <40%
- Inulin is present at <20%
- Any non-UK/EU originating rice flour is present at <20%

Morning Foods, Crewe, Cheshire, CW2 6HP, United Kingdom.

EU Correspondence: MFL Cereals Ltd, 5<sup>th</sup> Floor Beaux Lane House, Mercer Street Lower, Dublin 2, D02 DH60, Ireland

Doc Ref: FPSPEC PR037599	Site: Crewe	Category: Food & Feed Safety
Date: 30/03/2021	Page 3 of 3	Version No: 2.0 Status: Approved
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