



# MORNFLAKE

## *Mighty Oats*

### Product Specification

### Mornflake

### Whole Jumbo Oats

### (500g)

**Product Code/ Barcode:** PR016799 / 5010026505064

**Legal Product Name:** Whole Rolled Oats

**Ingredients Declaration:** Mornflake Jumbo **OATS** (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<br>Yes/No | May Contain            |
|--|--------------------|------------------------|
| 1. Celery  | No                 | No                     |
| 2. Cereals containing Gluten<br>Wheat (such as Spelt and Khorasan<br>Wheat), Rye, Barley, Oats                                     | Yes<br>(Oats)      | Yes<br>(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<br>(Including Almonds, Hazelnuts,<br>Walnuts, Cashew Nuts, Pecan Nuts,<br>Brazil Nuts, Pistachio Nuts, Macadamia<br>Nuts) | No                 | No                     |
| 11. Peanuts  | No                 | No                     |
| 12. Sesame Seeds   | No                 | No                     |
| 13. Soya   | No                 | No                     |
| 14. Sulphur Dioxide  | No                 | No                     |

|                               |                                   |                               |
|-------------------------------|-----------------------------------|-------------------------------|
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| Document Owner: Helen Mottram | Document Approver: Derek Croucher |                               |

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## Nutrition Information

| Typical Values     | Per 100g          |
|--------------------|-------------------|
| Energy             | 1543kJ<br>367kcal |
| Fat                | 8.4g              |
| Of which saturates | 1.3g              |
| Carbohydrate       | 56.1g             |
| Of which sugars    | 1.0g              |
| Fibre              | 9.1g              |
| Protein            | 12.1g             |
| Salt               | <0.01g            |

### Nutrition Claims:

High in Fibre  
Helps Actively Lower Cholesterol\*  
100% Wholegrain

### Health Claims:

As part of a varied balanced diet and a healthy lifestyle, oat beta glucans have been shown to help lower blood cholesterol, reducing the risk of coronary heart disease. One 40g portion of oats provides 1.6g of beta glucans from oats, which is 53% of the suggested daily amount (3g).

### 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.

### Shelf-Life:

12 months.

### Pack Formats:

Packaged 500g x 12 per case.

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

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

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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

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