BUFFALO CREEK MILLS

Specification: Oat Nutrition Results

Spec: 1.1
Version: 4
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Review Date:
Approved by: Mike Friesen

Product Description: Oat nutrition is determined by industry standards as provided by Health Canada and tested annually. Certified results are available upon request.

Ingredients	Origin	Certifications	Intended Use
100% Oats	Product of Canada	Gluten-Free (BRCGS) Kosher (OU) Organic or ROC	"Ready to Eat" For further processing

Nutritional

Test	Latest Test Result	Units	Method
Calories	58	cal/100 g	AFVAN-SLMF-0010
Crude Protein	15.1	g/100 g	AFVAN-SLMF-0014
Crude Ash Content	2.2	g/100 g	AFVAN-SLMF-0005
Crude Fiber Content	1.1	g/100 g	AFVAN-SLMF-0006
Total Dietary Fiber	8.2	g/100 g	AFVAN-SLMF-0017
Carbohydrates	69.8	g/100 g	AFVAN-SOP-0013 & 0014
Cholesterol	8.2	mg/100 g	AFVAN-SLMF-0013
Beta Glucan	3.1	g/100 g	AOAC 995.16
Fructose, Glucose	< 0.2	g/100 g	AFVAN-SLMF-0018
Lactose, Maltose	< 0.2	g/100 g	AFVAN-SLMF-0018
Sucrose	1.1	g/100 g	AFVAN-SLMF-0018
Total Sugar	1.1	g/100 g	AFVAN-SLMF-0018
Starch	57.7	g/100 g	AOAC 996.11
Calcium	36	mg/100 g	AOAC 2011.14 (AFVAN-SLMF-0022)
Sodium	2	mg/100 g	AOAC 2011.14 (AFVAN-SLMF-0022)
Potassium	354	mg/100 g	AOAC 2011.14 (AFVAN-SLMF-0022)
Iron	3.8	mg/100 g	AOAC 2011.14 (AFVAN-SLMF-0022)
Cholesterol	< 2.0	mg/100 g	AFVAN-SLMF-0013
Beta Carotene	< 20.0	IU/100 g	AFVAN-SLMF-0013
Vitamin A	< 20	IU/100 g	AFVAN-SLMF-0013
Total Vitamin D	< 0.2	ug/g	AFVAN-SLMF-0025
Vitamin D2	< 0.2	ug/g	AFVAN-SLMF-0025
Vitamin D3	< 0.2	ug/g	AFVAN-SLMF-0025
Vitamin E	< 1.0	IU/100 g	AFVAN-SLMF-0013
Saturated Fat	1.4	g/100 g	AFVAN-SLMF-0010
Monounsaturated Fats	2.2	g/100 g	AFVAN-SLMF-0010
Polyunsaturated Fats	2.5	g/100 g	AFVAN-SLMF-0010
Omega-3 Fatty Acids	< 0.1	g/100 g	AFVAN-SLMF-0010
Omega-6 Fatty Acids	2.4	g/100 g	AFVAN-SLMF-0010
Omega-9 Fatty Acids	2.2	g/100 g	AFVAN-SLMF-0010
Trans Fat	< 0.1	g/100 g	AFVAN-SLMF-0010
Total Fat	6.5	g/100 g	AFVAN-SLMF-0010