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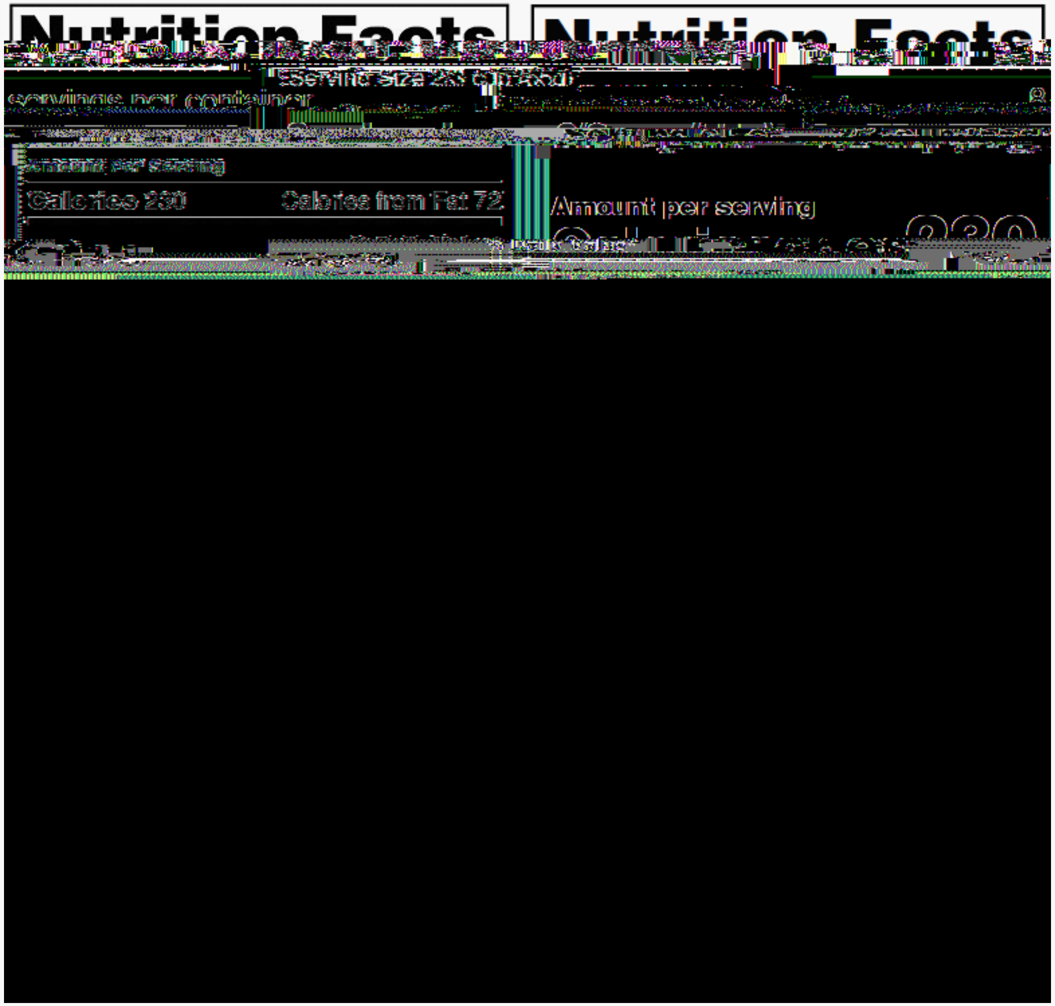

Nutrition Facts

servings per container

Amount per serving

Calories 230 Calories from Fat 72

Nutrition Facts

Amount per serving

230

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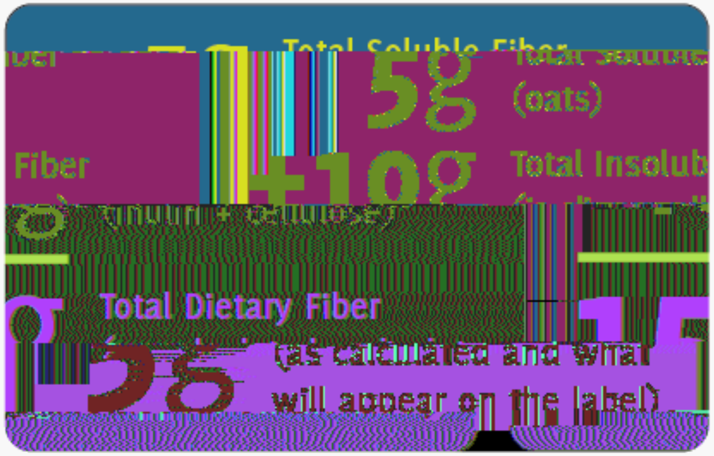
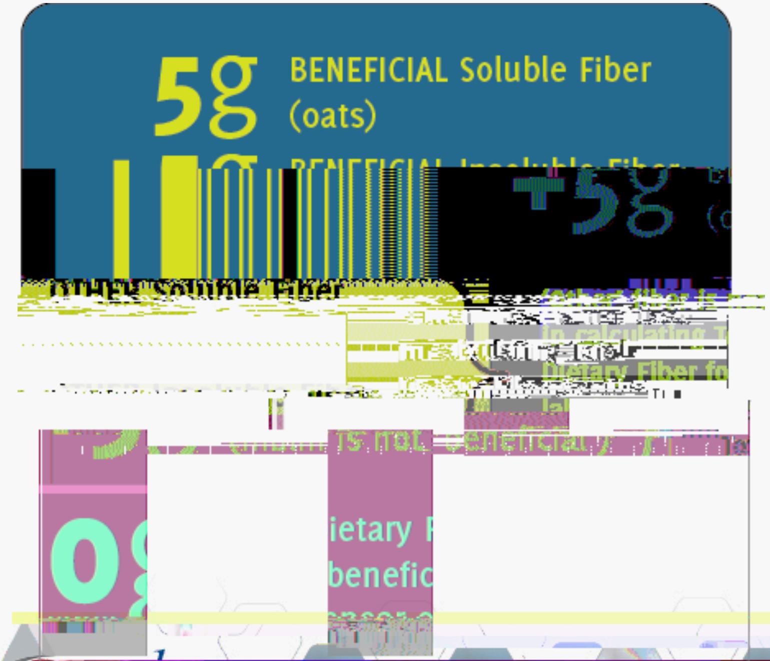

5g
Total Soluble Fiber
(oats)
+10g
Total Insolub
(inulin + cellulose)
Total Dietary Fiber
15g
(as calculated and what will appear on the label)


5g
BENEFICIAL Soluble Fiber
(oats)
BENEFICIAL Insoluble Fiber
+5g
OTHER Soluble Fiber
Other fiber is
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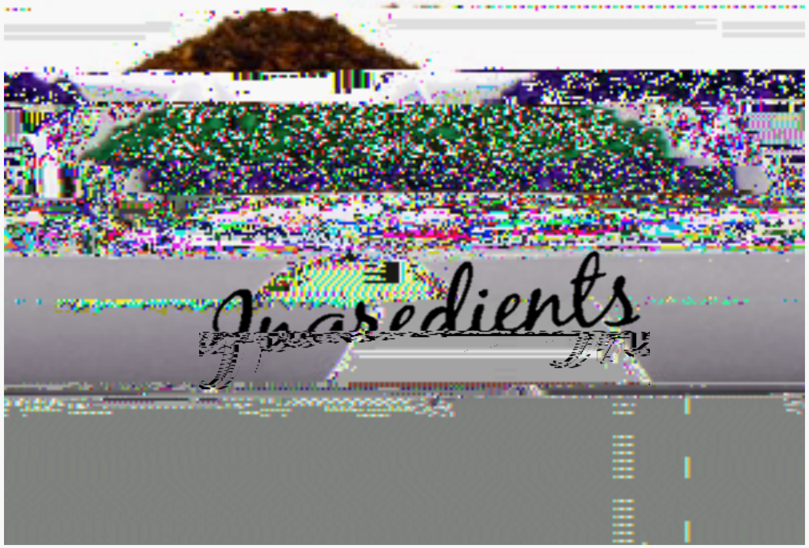

Ingredients

- Manufacturers can submit either electronically or via snail mail

- Petition Format:
  A) Action requested
  B) Statement of grounds
  C) Environmental Impact
  D) Economic Impact
  E) Certification

- In order for an isolated or synthetic fiber to be added the list it must of course meet all of the definitions we have discussed

- Be prepared to have ample research to make your case

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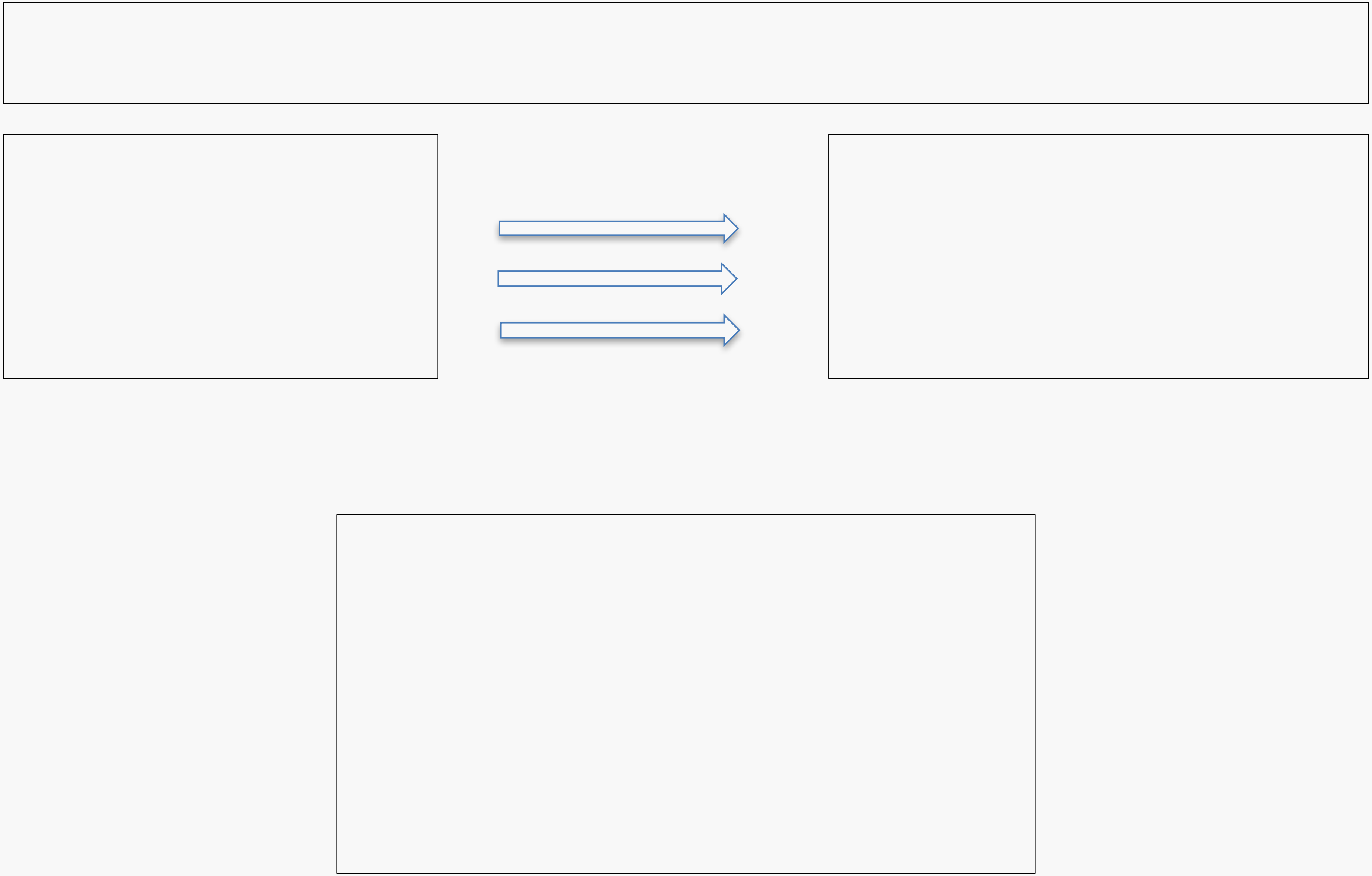
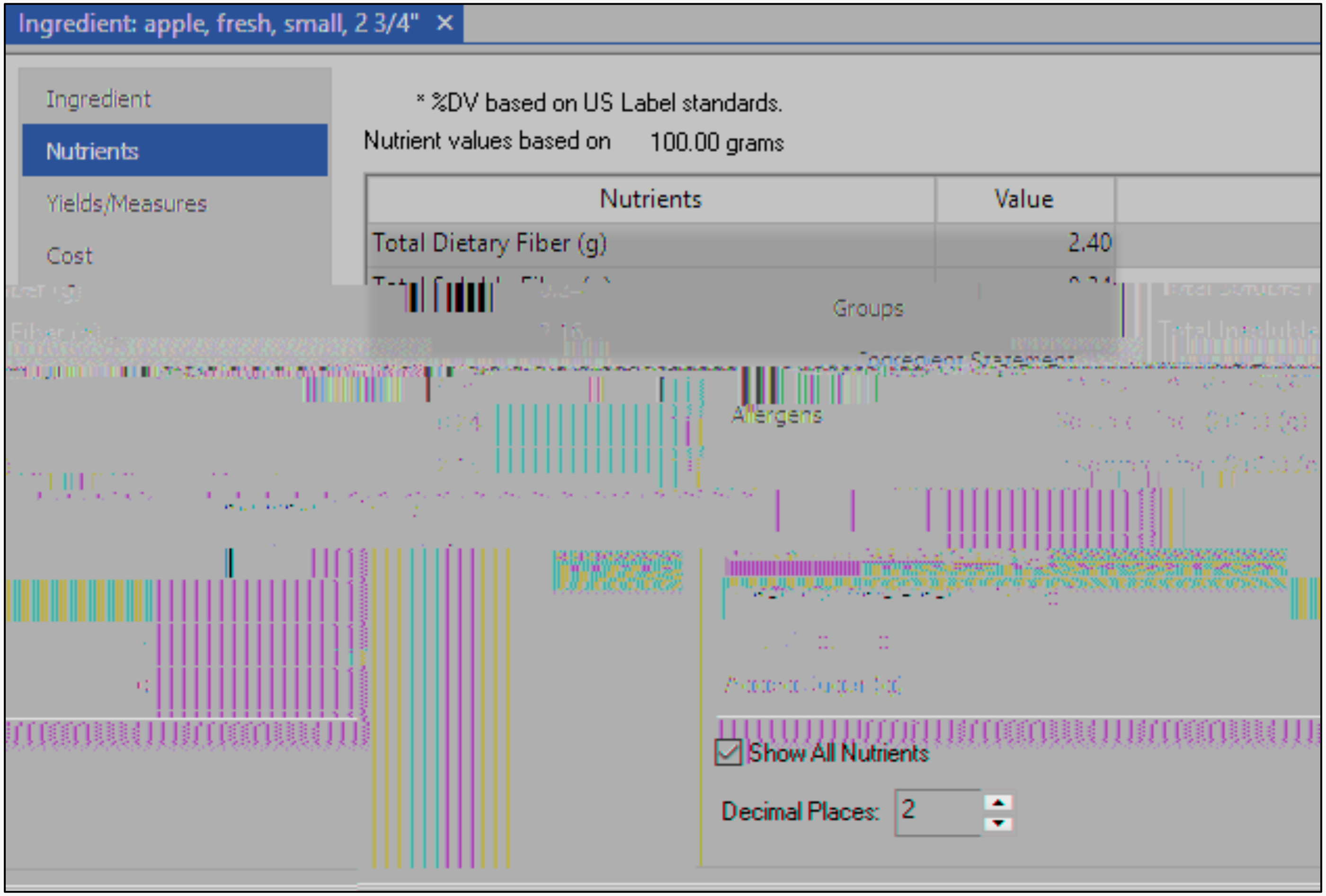



Ingredient: apple, fresh, small, 2 3/4"
Ingredient
Nutrients
Yields/Measures
Cost
Groups
Ingredient Statement
Allergens

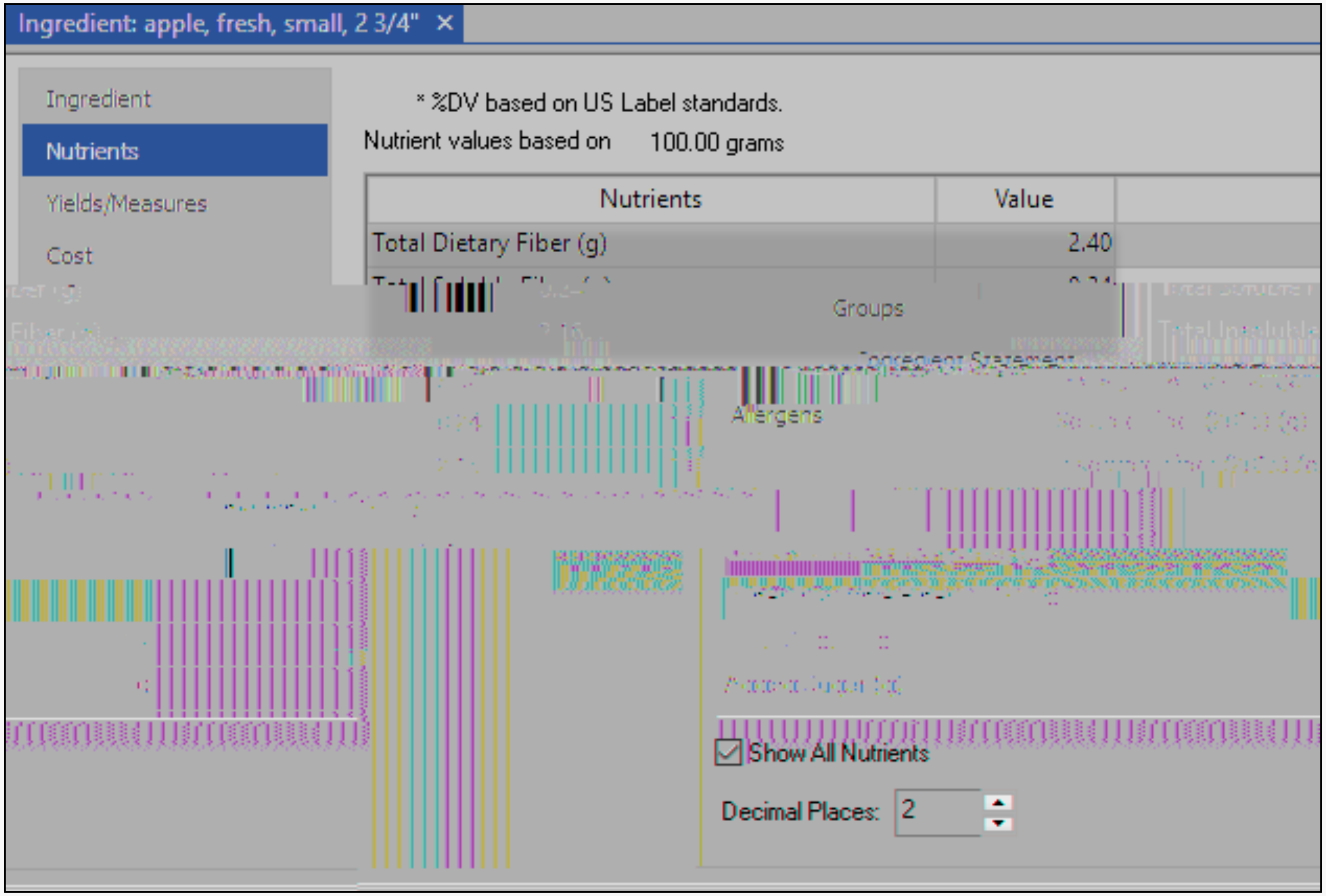
* %DV based on US Label standards.

Nutrient values based on 100.00 grams

Nutrients	Value
Total Dietary Fiber (g)	2.40

☑ Show All Nutrients

Decimal Places: 2


Ingredient: apple, fresh, small, 2 3/4"
Ingredient
Nutrients
Yields/Measures
Cost
Groups
Ingredient Statement
Allergens

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Nutrient values based on 100.00 grams

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☑ Show All Nutrients

Decimal Places: 2

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