

Product Information Sheet

| Prod. NO | GTIN | Pack Size | Serves / Pack | Date Marking | Shelf Life | Division | Brand | Sub Brand | Type | Sub Type |
|----------|---------------|-----------|---------------|--------------|------------|------------------|-------------|------------|------|----------|
| 102827 | 9310060012037 | 1KG | 25 | | | BREAKFAST CEREAL | UNCLE TOBYS | OATS QUICK | OATS | |

| Product Name | UNCLE TOBYS® ROLLED OATS QUICK |
|---------------------|--|
| Product Description | 2 MINUTES |
| | SMOOTH & CREAMY |
| | FOR GOODNESS SAKE |
| | For over 125 years, we've woken up at the crack of dawn and thought 'for Goodness Sake, we make Australia's favourite Oats'. It's not just Oats, it's UNCLE TOBYS® grains of goodness, filling up Aussies with wholesome substance for generations. Yep, these UNCLE TOBYS® Oats are the real deal, but you already knew that - it's why you have this box in your hand. |
| | UNCLE TOBYS |
| | FOR GOODNESS SAKE! |

| Packaging | | | | | |
|-------------|---------------------------------|---------------|----------|-----------|--------------|
| Pack Type | Packaging Description | GTIN | Pack No. | Dimension | Gross Weight |
| Retail Pack | UNCLE TOBYS OATS QUICK 9x1kg AU | 9310060012037 | 44076294 | | |

| Ingredients |
|--|
| <p>Ingredients:</p> <p>Contains gluten containing ingredients as indicated in bold type.</p> <p>100% UNCLE TOBYS Whole Grain Rolled Oats.</p> <p>May contain other gluten containing ingredients and lupin</p> |

| Allergens | | |
|----------------------------|-------------------------|-------------------|
| Allergen Name | Formulated Into Product | Via Cross Contact |
| Gluten and Gluten Products | ✓ | ✓ |
| Lupins and Lupin Products | | ✓ |
| Barley and barley products | | ✓ |
| Oats and oat products | ✓ | |
| Rye and rye products | | ✓ |
| Wheat and wheat products | | ✓ |

Statements and Claims

If you follow a low FODMAP diet, this product has been FODMAP Friendly Certified, so you can enjoy it with confidence. If following a low FODMAP diet, ensure you use a low FODMAP milk alternative such as lactose-free or almond milk.

FODMAP Friendly
FOOD BANK
FIGHTING HUNGER IN AUSTRALIA
PROUDLY SUPPORTING 1 MILLION SERVES PER YEAR

The UNCLE TOBYS team guarantees that every serving of our breakfast cereal is made with at least 8g wholegrain. WE USE AUSTRALIAN GROWN OATS TO SUPPORT LOCAL FARMERS.

CONTAINS BETA GLUCAN WHICH CAN HELP LOWER CHOLESTEROL*

*As part of a healthy diet low in saturated fat, 3g of beta-glucan each day is required to help lower cholesterol re-absorption.

UNCLE TOBY'S Oats are full of Natural Energy. No matter how you eat them, whether it's to kick start your morning, charge you up in the

afternoon, or boost your favourite recipe, they'll give you the power you need, naturally.

*A Natural Super Food

100% Australian oats

Beta glucan helps lower cholesterol[^]

Source of fibre

Natural oat energy

Goodness Since 1893

Source of protein

Source of whole grain

Source of fibre

No artificial colours or flavours

Preparation or User Instructions

Delicious Porridge - MADE EASY!

We recommend microwave cooking for UNCLE TOBYS® Quick Oats.

For stove top cooking, we recommend UNCLE TOBYS® Traditional Oats

MICROWAVE

MAKES 1 SERVE:

1/2 cup of oats

3/4 cup of water or 2/3 cup skim milk

1. Combine ingredients in a bowl.
2. Heat on **HIGH** for **2 minutes**.
3. Stir and enjoy!

CAUTION: BOWL WILL BE VERY HOT!

Directions have been tested using a 1000 watt microwave oven and are given as a guide only.

STOVE TOP

MAKES 3 SERVES:

1 1/2 cups of oats

3 1/3 cups of water (or skim milk)

1. Combine ingredients in a pan and stir well.
2. Bring to boil, stir then boil for 1 minute until oats are thick and creamy

Add a dash of reduced fat or skim milk after cooking for even creamier oats!

Preparation or Use Tables

GDA - Guideline Daily Intake for Adults*

| 40g Serve Provides | Guideline Daily Intake | Per Serving | % DI |
|--------------------|------------------------|-------------|------|
| Energy | 8700kJ | 640kJ | 7% |
| Fat | 70g | 3.7g | 5% |
| Saturated | 24g | 0.7g | 3% |
| Sugars | 90g | 0.4g | |
| Sodium | 2300mg | 2mg | |
| Fibre | 30g | 3.7g | 12% |

Storage Instructions

STORE IN A COOL DRY PLACE

PACK. NO

44076294

Contact Details

| Company | Address | Suburb | State | Postcode | Country |
|------------------------------------|--------------------|--------|-------|----------|------------|
| Cereal Partners Australia Pty Ltd, | 1 Homebush Bay Dr, | Rhodes | NSW | 2138, | Australia. |

Consumer Contact Phone

In Australia call 1800 025 768

Country of Origin Labelling



Australasian Recycling Label



Health Star Rating



Nutritional Information

| UNCLE TOBYS® ROLLED OATS QUICK | | | | | |
|--|------------------------------|------------------|--|--|---------------------------|
| Servings Per Pack: 25 Serving Size: 40g | Average Quantity per Serving | %DI* per Serving | Avg Qty per 40g with 2/3 cup skim(0.1%) Milk | %DI per 40g with 2/3 cup Skim(0.1%) Milk | Average Quantity per 100g |
| Energy | 640 kJ | 7% | 880 kJ | 10% | 1600 kJ |
| Protein | 5.1 g | 10% | 11.0 g | 22% | 12.8 g |
| Fat-total | 3.7 g | 5% | 3.8 g | 5% | 9.2 g |
| - Saturated | 0.7 g | 3% | 0.8 g | 3% | 1.7 g |
| Carbohydrate | 22.7 g | 7% | 30.6 g | 10% | 56.7 g |
| - Sugars | 0.4 g | <1% | 8.4 g | 9% | 1.0 g |
| Dietary Fibre | 3.7 g | 12% | 3.7 g | 12% | 9.2 g |
| - Soluble | 1.8 g | | 1.8 g | | 4.5 g |
| - Beta-glucan, Oats | 1.6 g | | 1.6 g | | 4.0 g |
| - Insoluble | 1.9 g | | 1.9 g | | 4.7 g |
| Sodium | 2 mg | <1% | 84 mg | 4% | 6 mg |

All specified values are averages

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. your daily intakes may be higher or lower depending on your energy needs.

Status: Active

Effectivity: 31/12/2020

Date of Issue: 05/07/2021 @ 18:05



Disclaimer: This information is correct at date of issue and may be subject to change. Please check the product label before consuming product.