

Bar Graph - RDA/AI: Oatmeal \*

Bar Graph

Nutrients	Per Serving	Rcmd	% Rcmd	0	20	40	60	80	100	120
<b>Basic Components</b>										
Gram Weight (g)	100.00									
Calories (kcal)	379.00									
Calories from Fat (kcal)	58.68									
Calories from SatFat (kcal)	9.99									
Protein (g)	13.15	50.00	26.30%							
Carbohydrates (g)	67.70	300.00	22.57%							
Dietary Fiber (g)	10.10	25.00	40.40%							
Soluble Fiber (g)	--									
Total Sugars (g)	0.99									
Monosaccharides (g)	0									
Disaccharides (g)	0.99									
Other Carbs (g)	56.61									
Fat (g)	6.52	65.00	10.03%							
Saturated Fat (g)	1.11	20.00	5.55%							
Mono Fat (g)	1.98									
Poly Fat (g)	2.30									
Trans Fatty Acid (g)	0									
Cholesterol (mg)	0	300.00	0%							
Water (g)	10.84									
<b>Vitamins</b>										
Vitamin A - IU (IU)	0	5000.00	0%							
Vitamin A - RE (RE)	0									
Vitamin A - RAE (RAE)	0									
Carotenoid RE (RE)	0									
Retinol RE (RE)	0									
Beta-Carotene (mcg)	0									
Vitamin B1 (mg)	0.46	1.50	30.67%							
Vitamin B2 (mg)	0.15	1.70	9.12%							
Vitamin B3 (mg)	1.12	20.00	5.62%							
Vitamin B3 - Niacin Equiv (mg)	4.16									
Vitamin B6 (mg)	0.10	2.00	5.00%							
Vitamin B12 (mcg)	0	6.00	0%							

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Bar Graph cont.

Nutrients	Per Serving	Rcmd	% Rcmd	0	20	40	60	80	100	120
Biotin (mcg)	21.00	300.00	7.00%							
Vitamin C (mg)	0	60.00	0%							
Vitamin D - IU (IU)	0	400.00	0%							
Vitamin D - mcg (mcg)	0									
Vitamin E - Alpha-Toco (mg)	0.42									
Folate (mcg)	32.00	400.00	8.00%							
Folate, DFE (mcg)	32.00									
Vitamin K (mcg)	2.00	80.00	2.50%							
Pantothenic Acid (mg)	1.12	10.00	11.20%							
<b>Minerals</b>										
Calcium (mg)	52.00	1000.00	5.20%							
Chromium (mcg)	--	120.00								
Copper (mg)	0.39	2.00	19.55%							
Fluoride (mg)	--									
Iodine (mcg)	3.90	150.00	2.60%							
Iron (mg)	4.25	18.00	23.61%							
Magnesium (mg)	138.00	400.00	34.50%							
Manganese (mg)	3.63	2.00	181.50%							
Molybdenum (mcg)	--	75.00								
Phosphorus (mg)	410.00	1000.00	41.00%							
Potassium (mg)	362.00	3500.00	10.34%							
Selenium (mcg)	28.90	70.00	41.29%							
Sodium (mg)	6.00	2400.00	0.25%							
Zinc (mg)	3.64	15.00	24.27%							
<b>Poly Fats</b>										
Omega 3 Fatty Acid (g)	0.10									
Omega 6 Fatty Acid (g)	2.20									
<b>Other Nutrients</b>										
Alcohol (g)	0									
Caffeine (mg)	0									
Choline (mg)	40.40									