



MODERN OATS

available in
6
gourmet flavors

- goji blueberry
- apple walnut
- chocolate cherry
- mango blackberry
- 5 berry
- nuts & seeds

What's so modern about Modern Oats?

We start by selecting only the most nutrient & protein rich, non-genetically modified, and certified gluten-free whole rolled oats from smaller, family run farms throughout the upper Midwest of North America.

After the groats are steamed and sized, we then blend with the finest, juiciest, antioxidant rich super fruits, omega 3 rich nuts and seeds, and lightly sweetened with only a touch of the purest cane sugar to craft the most delicious, healthy, modern blends of oatmeal found today.

healthy, delicious & fast



@modernoats

Certified



Gluten-Free





Apple Walnut



Chocolate Cherry



Goji Blueberry



Mango Blackberry



5 Berry



Nuts & Seeds

Nutrition Facts

Serv Size: (75g)
Servings Per Container: 1

Amount/Serving		% DV*
Calories 310	Calories from Fat 60	
Total Fat 7g		11%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 52g		17%
Dietary Fiber 7g		28%
Sugars 17g		
Protein 9g		

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 15%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serv Size: (75g)
Servings Per Container: 1

Amount/Serving		% DV*
Calories 310	Calories from Fat 60	
Total Fat 7g		11%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 53g		18%
Dietary Fiber 7g		28%
Sugars 20g		
Protein 9g		

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serv Size: (75g)
Servings Per Container: 1

Amount/Serving		% DV*
Calories 310	Calories from Fat 60	
Total Fat 7g		11%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 52g		17%
Dietary Fiber 8g		32%
Sugars 18g		
Protein 9g		

Vitamin A 0% • Vitamin C 4%
Calcium 4% • Iron 10%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serv Size: (75g)
Servings Per Container: 1

Amount/Serving		% DV*
Calories 300	Calories from Fat 50	
Total Fat 6g		9%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 53g		18%
Dietary Fiber 7g		28%
Sugars 20g		
Protein 9g		

Vitamin A 10% • Vitamin C 6%
Calcium 4% • Iron 10%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serv Size: (65g)
Servings Per Container: 1

Amount/Serving		% DV*
Calories 250	Calories from Fat 50	
Total Fat 6g		9%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 46g		15%
Dietary Fiber 6g		24%
Sugars 16g		
Protein 8g		

Vitamin A 0% • Vitamin C 10%
Calcium 2% • Iron 8%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serv Size: (65g)
Servings Per Container: 1

Amount/Serving		% DV*
Calories 280	Calories from Fat 60	
Total Fat 7g		11%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 47g		16%
Dietary Fiber 6g		24%
Sugars 14g		
Protein 8g		

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 15%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Certified Gluten-free Whole Grain Rolled Oats, Organic Cane Sugar, Walnuts, Flax Seeds, Pumpkin Seeds, Sunflower Seeds, Dried Apples, Golden Raisins, Chia Seeds, Cinnamon, Natural Flavor. Contains tree nuts.

INGREDIENTS: Certified Gluten Free Whole Grain Oats, Organic Cane Sugar, Organic Semisweet Chocolate (Organic Cocoa Beans, Organic Cane Sugar, Organic Cocoa Butter, Organic Soya Lecithin), Dried Sweetened Bing and Rainier Cherries (cherries, Sugar), Coconut, Almonds, Cocoa Nibs, Chia Seeds, Pistachios, Pumpkin Seeds, Golden Raisins, Sunflower Seeds, Flax Seeds, Natural Cocoa Powder, Natural Flavor. Contains tree nuts.

INGREDIENTS: Certified Gluten-free Whole Grain Rolled Oats, Organic Cane Sugar, Flax Seeds, Pumpkin Seeds, Almonds, Sunflower Seeds, Dried Sweetened Wild Blueberries (Blueberries, Sugar) Air Dried Organic Goji Berries, Sweetened Oregon Saskatoon Berries (Saskatoon, Sugar), Coconut, Cinnamon, Natural Flavor. Contains tree nuts.

INGREDIENTS: Certified Gluten-free Whole Grain Rolled Oats, Organic Cane Sugar, Flax Seeds, Pumpkin Seeds, Sunflower Seeds, Dried Sweetened Mangos (Mangos, Sugar) Dried Black Berries, Dried Sweetened Cranberries (Cranberries, Sugar, Cinnamon, Natural Flavor. Contains tree nuts.

INGREDIENTS: Certified Gluten-free Whole Grain Rolled Oats, Organic Cane Sugar, Almonds, Pecans, Dried Wild Blueberries (Sugar, Natural Flavor, Citric Acid, Sunflower Oil), Dried Cranberries (Sugar, Sunflower Oil) Dried Strawberries, Dried Raspberries, Dried Marion Blackberries, Natural Flavor. Contains tree nuts.

INGREDIENTS: Certified Gluten-free Whole Grain Rolled Oats, Organic Cane Sugar, Hazelnuts, Pistachios, Flax Seeds, Pumpkin Seeds, Sunflower Seeds, Almonds, Hemp Seeds, Walnuts, Cinnamon, Natural Flavor. Contains tree nuts.

flavors	upc	packaging
Apple Walnut		Available in 6 & 12 pack configurations 75g case pack
Chocolate Cherry		
Goji Blueberry		
Mango Blackberry		
5 Berry		Available in 6 & 12 pack configurations 65g case pack
Nuts & Seeds		

Directions:

Add boiling water to cover oats. Cover with lid. Let steep for 3 minutes. Stir well. Savor.
*Microwaving is not recommended



To place an order or find your nearest distributor please contact us at customerservice@modernoats.com or call us at:

(888) 662-2334