



**...Naturally!**

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## Vermont Morning<sup>®</sup> Multi-Grain Hot Cereal

### *Nutrition Facts*

#### *Per serving:*

- ◆ Provides 32% of the Daily Value for dietary fiber – twice the fiber in oatmeal!
- ◆ 3 grams of soluble fiber
- ◆ 43 grams of complex carbohydrates
- ◆ 9 grams of protein
- ◆ Excellent source of fiber and iron
- ◆ 0.5 grams of saturated fat
- ◆ No trans fat
- ◆ No cholesterol
- ◆ No added salt, sugar or preservatives
- ◆ 3 points on the Weight Watcher's Scale
- ◆ South Beach Diet approved

#### *Other interesting facts:*

- ◆ Country inns, bed and breakfasts, restaurants and five-star hotels feature Vermont Morning cereal as a menu item.
- ◆ Vermont Morning cereal is a popular breakfast item in hospitals in Vermont and New York.
- ◆ Registered Dietitian, Sylvia Gaboriault, uses Vermont Morning in her diabetes education and cardiac rehabilitation classes, as an example of a diabetic- and heart-friendly product.
- ◆ Chefs use Vermont Morning cereal to add whole grain goodness to baked products.
- ◆ Devoted Vermont Morning fans span the Western Hemisphere, from Chugiak, Alaska, to Colombia, South America.
- ◆ Available in select natural and retail outlets, Vermont Morning is also available for order online at [www.vtmorning.com](http://www.vtmorning.com).

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