

# USDA Foods Product Information Sheet

For Child Nutrition Programs



**100466 - Oats, Rolled, Whole**

**Category: Grains (Whole Grain)**



## PRODUCT DESCRIPTION

This item is whole rolled oats available in cases containing twelve 3-pound bags.

## CREDITING/YIELD

- One case rolled oats yields about 817 oz. equivalents of cooked oats or 576 oz. equivalents of dry oats.
- CN Crediting: 1 ounce dry or ½ cup cooked oats credits as 1 oz equivalent of grain.

## CULINARY TIPS AND RECIPES

- Use cooked oats as a cereal option in the breakfast program and serve with healthy toppings such as dried fruit, nuts, or yogurt.
- Oats can also be used as an ingredient when preparing snack or dessert items for the meal program such as oat bars, granola, or granola bars.
- Using oats in recipes can help meet whole grain-rich criteria in the updated school meal patterns.
- For more culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

## FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

## NUTRITION FACTS

Serving size: 1/2 cup (117 g) oats, whole, cooked with water, no salt added

### Amount Per Serving

**Calories** 83

**Total Fat** 2g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 5mg

**Total Carbohydrate** 14g

Dietary Fiber 2g

Sugars 0g

**Protein** 3g

Source: [USDA National Nutrient Database](#)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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