



Forging a Bond Between Organic Producers and Consumers

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Specification Sheet

Organic Quick Rolled Oats

Raw Oat Requirements: The organic oats shall be cleaned using standard grain cleaning equipment to remove dockage, foreign material, and stones. The cleaned organic oats shall be free of insect and rodent infestation.

Finished Product Requirements: The organic oats shall be dehulled, kilned, cut, steamed, and rolled in accordance with Good Manufacturing Practices. The finished product shall comply with all regulations of the Canadian Food and Drugs Act and Regulations.

Kosher Certification: Organized Kashrus Laboratories & Vaad Ha'ir of Winnipeg

Chemical Properties:

Enzyme Activity (peroxidase)	Negative
Moisture	9 - 12%
Protein	11 - 17%
Fat	5 - 8%
Free Fatty Acid as Oleic	0.5% max.
Total Dietary Fiber	10.0 g / 100g +/- 2.0
Ash	2.0 g / 100g +/- 0.5

Physical Properties:

Granulation: 2 minutes on Ro-Tap

On US #7	50% minimum
On US #10	25% minimum
On US #20	15% maximum
Thru US#20	5% maximum
Flake Thickness	0.0240" +/- 0.002"
Hulls and Slivers	5/100 grams maximum
Bulk Density	22 lbs/ft ³ minimum
Water Absorption	65 – 85 grams /50 grams

Microbiological Properties:

Standard Plate Count	50,000/gram max
Yeast & Mold	1000/gram max
Coliforms (MPN)	100/gram max
E. Coli (MPN)	<3/gram
Salmonella	None detected/375 grams
Staphylococcus aureus(CFU)	<10/gram

Shelf Life:

Six months if stored in a cool, dry area. Shelf life may be extended to twelve months by storing the product under conditions of low relative humidity (<75%RH) and low temperature (<24°C)

Packaging:

- 10 kg, 20kg, 25 kg, and 50 lb kraft multiwall bags
- Polywoven supersacks
- Consumer Packs

Storage:

Oat products readily absorb foreign odours, therefore it is recommended that oat products remain segregated from heavily odoured or perfumed products and chemicals.

Regulatory Compliance Information:

Ingredient Declaration: Rolled Oats
 Kosher Certification: Organized Kashrus Laboratories
 Vaad Ha'ir of Winnipeg
 Allergens: This product does not contain egg or egg products, milk or milk products, peanuts or peanut products, tree nuts or tree nut products, soy products, fish or shellfish products, sulphites. This product may contain trace amounts of wheat, barley, triticale, and/or rye.
 Flavours: None added
 Additives: None
 Irradiated: No
 GMO: No
 MSDS: The products manufactured and supplied by Popowich Milling Corp. are under the jurisdiction of the CFIA and are deemed to be food products under the Canadian Food and Drugs Act and Regulations. As a result they are exempt from the Controlled Product Regulations of the Hazardous Products Act, and no Material Safety Data Sheets are required.
 Certificate of Analysis: Provided upon request and may require additional costs to the customer.
 Nutritional Data: USDA National Nutrient Database for Standard Reference.
 Proximates

<i>Nutrient</i>	<i>Amount per 100 grams</i>	
Water	8.80	g
Calories	384	kcal
Protein (N X 5.83)	16.00	g
Total lipid (fat)	6.30	g
Ash	1.90	g
Carbohydrates, by difference	67.00	g
Fiber, total dietary	9.8	g
Sugars, total	1.45	g
Sucrose	1.40	g
Glucose (dextrose)	0.05	g

Minerals

<i>Nutrient</i>	<i>Amount per 100 grams</i>	
Calcium, Ca	52	mg
Iron, Fe	4.20	mg
Magnesium, Mg	148	mg
Phosphorus, P	474	mg
Potassium, K	350	mg
Sodium, Na	4	mg
Zinc, Zn	3.07	mg
Copper, Cu	0.343	mg
Manganese, Mn	3.630	mg
Selenium, Se	34.0	mcg

Vitamins

Vitamin C, total ascorbic acid	0.0	mg
Thiamin - B1	0.730	mg
Riboflavin - B2	0.140	mg
Niacin - B3	0.780	mg
Pantothenic	1.245	mg
Vitamin B6	0.120	mg
Folate, total	32	mcg
Folic acid	0	mcg
Folate, food	32	mcg
Folate, DFE	32	mcg_DFE
Vitamin B12	0.00	mcg
Vitamin A, IU	101	IU
Vitamin A, RE	10	mcg_RE
Vitamin E (alpha-tocopherol)	0.700	mg_ATE
Vitamin K (phylloquinone)	3.2	mcg

Lipids

Fatty acids, saturated	1.110	g
Fatty acids, monounsaturated	1.980	g
Fatty acids, polyunsaturated	2.300	g
Cholesterol	0	mg

Amino Acids

Tryptophan	0.222	g
Threonine	0.545	g
Isoleucine	0.657	g
Leucine	1.216	g
Lysine	0.664	g
Methionine	0.295	g
Cystine	0.386	g
Phenylalanine	0.847	g
Tyrosine	0.543	g
Valine	0.888	g
Arginine	1.129	g
Histidine	0.383	g
Alanine	0.835	g
Aspartic acid	1.371	g
Glutamic acid	3.517	g
Glycine	0.797	g
Proline	0.885	g
Serine	0.711	g