



Forging a Bond Between Organic Producers and Consumers

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Specification Sheet

Organic Regular 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, 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.

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 #4 | 30% maximum |
| On US #7 | 60% minimum |
| On US #10 | 10% maximum |
| Thru US#10 | 10% maximum |
| Flake Thickness | 0.0330" +/- 0.002" |
| Hulls and Slivers | 5/100 grams maximum |

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, 25 lb 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

| | | |
|---------------|--------------|-----|
| 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 |