



Forging a Bond Between Organic Producers and Consumers

2109 Frederick St., Oakland, CA 94606 USA, www.cooknaturally.com
(510) 534-2665 (800) 537-7589 Fax: (510) 534-2509

Specification Sheet

Organic Rye Flakes

Product Description:

Ingredients: Cleaned Organic or Conventional Whole Rye Berries. Grain is procured from the Northwest region of the United States and Southwestern Canada.
Processing: Rye Berry is tempered and rolled into a flake.
Additives: Water is added during the temping process to make grain pliable enough to roll, after rolling, product is dried.
Preservatives: None
Color: Variegated Grey
Condition: Dry, free flowing rolled flakes
Thickness: 0.035 - 0.045 inches

Granulation Percentages:

| | |
|---------------|---------|
| On US Std #8 | Min 95% |
| On US Std #20 | Max 5% |
| In Pan | Max 1% |

Flavor: Natural Rye Flavor with no off flavors or odors
Allergens: Product contains Gluten. Product does not contain Egg or egg products, Dairy products, peanuts or peanut products, Tree nuts or tree nut products, Soybeans or Soybean products, Seafood or Sulfites.
MSDS Product is listed under FDA in the CFR-Title 21 Subchapter B as "Food For Human Consumption" and is classified as a non-hazardous material. This product is exempt from the 29 CFR 1910.1200 OSHA Hazardous Communication Standard and MSDS are not required.
Other: Product has not been irradiated
Product has not been genetically altered
Product contains no animal components
Product contains no preservatives

Microbiological Information:

| | | |
|---------------------|-------------------|---------|
| Aerobic Plate Count | 50,000/gm max | FDA-BAM |
| Coliform | 100/ gm max | FDA-BAM |
| E Coli | Negative | FDA-BAM |
| Salmonella | Negative 25 grams | FDA-BAM |
| Yeast and Molds | 100/gm max | FDA-BAM |

Packaging And Storage:

Packaging: Packaged in 25#, 50# paper bags and 1300# tote bags
Shipping & Storage: Cool, ambient (35-55 degrees F)
Humid areas should employ a dehumidifier
Shelf Life: 6 to 12 months under correct storage conditions.

General Nutritional Information:

Per 100 grams/ USDA Nutritional Database Information (Rye Berries)

| Nutrient | Unit | |
|-----------------------------|-------------|-------|
| Energy | Kcal | 335 |
| Protein | G | 14.7 |
| Total Lipid (fat) | G | 2.50 |
| Carbohydrate, by difference | g | 69.76 |
| Fiber, Total Dietary | g | 9.8 |
| Magnesium, Mg | mg | 121 |
| Phosphorus, P | mg | 374 |
| Potassium, K | mg | 264 |
| Sodium, NA | mg | 6 |
| Calcium, CA | mg | 33 |
| Iron, Fe | mg | 2.67 |
| Manganese | mg | 2.68 |
| Niacin | mg | 4.27 |
| Pantothenic Acid | mg | 1.45 |

Less than one milligram of Copper, Vitamin C, Thiamin, Riboflavin, Vitamin B-6, B-12, Folate, Folic Acid, Vitamin A