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Organic Grain Products



GROWN USING
NATURAL AND
EARTH-FRIENDLY
METHODS



WHOLE
GRAIN



SOURCE
OF FIBER



SOURCE OF
PROTEIN





Ingredients: wholegrain oat flakes*.

* ORGANIC PRODUCTS

Net Weight: 500 g

100 G NUTRITION FACTS	
Energy	1532 kJ 363 kcal
Fat	5.8 g
of which saturates	1.0 g
Carbohydrate	62.8 g
of which sugars	18.0 g
Fibre	9.7 g
Protein	10.2 g
Salt	0.01 g



Ingredients: wholegrain oat flakes*.

* ORGANIC PRODUCTS

Net Weight: 500 g

100 G NUTRITION FACTS	
Energy	1550 kJ / 368 kcal
Fat	7,5 g
of which saturates	1,3 g
Carbohydrate	57,8 g
of which sugars	1,1 g
Fibre	8,6 g
Protein	13,0 g
Salt	< 0,03 g



Ingredients: wholegrain wheat flour*.

* ORGANIC PRODUCTS

Net Weight: 1 kg

100 G NUTRITION FACTS	
Energy	1439 kJ (344) kcal
Fat	2,5 g
of which saturates	0,3 g
Carbohydrate	61,7 g
of which sugars	1,5 g
Fibre	9,9 g
Protein	12,9 g
Salt	<0,01 g



Ingredients: wholegrain spelt flour*.

* ORGANIC PRODUCTS

Net Weight: 1 kg

100 G NUTRITION FACTS	
Energy	1461 kJ (349) kcal
Fat	2,4 g
of which saturates	0,3 g
Carbohydrate	63,5 g
of which sugars	1,4 g
Fibre	8,4 g
Protein	13,3 g
Salt	<0,01 g



Ingredients: wholegrain rye flour*.

* ORGANIC PRODUCTS

Net Weight: 1 kg

100 G NUTRITION FACTS	
Energy	1355 kJ (324) kcal
Fat	1,9 g
of which saturates	0,2 g
Carbohydrate	59,4 g
of which sugars	1,9 g
Fibre	13,9 g
Protein	9,6 g
Salt	<0,01 g



Ingredients: cold pressed, from rapeseed kernel*.

* ORGANIC PRODUCTS

Net Weight: 500 ml

100 G NUTRITION FACTS	
Energy	3382 kJ / (823) kcal
Fat	91,4 g
of which saturates	6,6 g
of which monounsaturates	59,4 g
of which polyunsaturates	25,4 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0,02 g