



# FIBRE Fit

## Damhert Fibre Fit Oat meal BIO

Art.nr:	2040
Product description:	Damhert Fibre Fit Oat meal BIO
EAN-code product:	5412158002617
EAN-code carton	5412158039255 (x 1) 5412158008480 (x 6) 5412158031273 (x 8) 5412158023025 (x 16)
Custom-code:	10089000
Ingredients:	oat flakes**. May contain traces of PEANUT, GUTEN, NUTS and SESAME. **From controlled biological culture.
Allergens:	Contains oats. May contain traces of peanuts, gluten, nuts, sesame seeds. Does not contain benzyl cinnamate, eugenol, soybeans, benzyl alcohol, farnesol, mustard, coriander, fish, citronellol, crustaceans, cinnamyl alcohol, evernia furfuracea, corn, wheat, butylphenyl methylpropionate, benzyl salicylate, eggs, cocoa, molluscs, milk, rye, amyl cinnamal, celery, lupine, anise alcohol, evernia prunastri, barley, lactose, citral, alpha-isomethyl ionone, benzyl benzoate, carrots, sulphur dioxide and sulphites, cinnamal, coumarin, other gluten, pod fruits.
Content:	500 g
Storage:	Keep dry and well closed after opening.
Shelf life:	24 months production date.
Usage:	Bring 2.5 cups of milk or water to the boil. Gently mix 1 cup of the oats true it. Let it boil for 1 minute and stir constantly. Place the porridge away from the heat and let it rest for a few minutes. it is also possible to sweeten it with some Tagatasse from Damhert.
Dimensions:	10.0 cm W x 24.5 cm H x 5.5 cm D



Nutritional values	portie/portion	
	100 g	0 g
Energy kJ	1530	765
Energy kcal	365	1183
Fats	6,9 g	3,5 g
Whereof saturated fats	1,2 g	0,6 g
Carbohydrates	56,0 g	28,0 g
Whereof sugars	1,3 g	0,7 g
Food fibres	11,0 g	5,5 g
Protein	11,0 g	5,5 g
Salt	0,03 g	0,02 g

Damhert Nutrition NV - Kapelstraat 154, B-3550 Heusden-Zolder  
 Tel +32(0)11/42 50 39 - Fax 32(0)43 31 28  
[www.damhert.com](http://www.damhert.com) - [info@damhert.be](mailto:info@damhert.be)

