

BRANT FLOUR MILLS LTD

RR4 Scotland ON N0E1R0
Tel: 519.484.2921

Organic Rye Grain Kernels Product Specification Sheet

Description	Double cleaned and aspirated from organic rye grain. The rye is free of foreign material, insect infestation, excess weeds, seeds etc., in conformance with the health protection branch.
Declaration of Components	No additives, untreated rye grain.
Regulatory Status	Under Health Protection Branch
Storage Conditions	When stored in sealed multi-walled paper bags under cool, dry and clean conditions, the product shall provide 52 weeks of satisfactory performance.
Type of Packaging	Multi-walled paper-bags weighing 20/40kg. Bulk
Safety Risk	None
Kosher Status	Yes By the Kashruth Council of Canada

Nutritional Information Per Serving of 100g (3.5oz)

Energy	
Calories	349.5
Kilojoules	1462.3
Protein (g)	9.8
Fat (g)	2.3
Polyunsaturates (g)	1.5
Monounsaturates (g)	0.4
Saturates (g)	0.4
Trans (g)	0
Cholesterol (mg)	0
Carbohydrate (g)	72.3
Dietary fibre (g)	12.6
Soluble fibre (g)	1.9
Insoluble fibre (g)	10.7
Sugars (mono & di sacharides) (g)	0.5
Complex Carbohydrate (g)	45.0
Sodium (mg)	5.0
Potassium (mg)	240.0
Calcium (mg)	30.0
Iron (mg)	2.4
Phosphorus (mg)	340.0
Vitamin A (RE)	0
(IU)	0
Vitamin C	0
Thiamine (mg)	0.3
Riboflavin (mg)	0.2
Niacin (mg)	3.9
Ash %	1.6
Moisture %	14.0

Revision Date: February 1st, 2010

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