

# BRANT FLOUR MILLS LTD

RR4 Scotland ON N0E1R0  
Tel: 519.484.2921

## Organic Rye Meal Product Specification Sheet

<b>Description</b>	Milled from organic rye grain, employing grain cutters for the reduction of the grain and plansifters for the grading of the meal. The rye is free of foreign material, insect infestation, excess weeds, seeds etc., in conformance with the health protection branch.
<b>Declaration of Components</b>	No additives, untreated cut rye.
<b>Regulatory Status</b>	Under Health Protection Branch
<b>Standards</b>	100% through #10 wire 100% over #24 wire  Ash Content: 1.5 - 1.8%
<b>Storage Conditions</b>	When stored in sealed multi-walled paper bags under cool, dry and clean conditions, the product shall provide 24 weeks of satisfactory performance.
<b>Type of Packaging</b>	Multi-walled paper-bags weighing 20/40kg.  Bulk
<b>Safety Risk</b>	None
<b>Kosher Status</b>	Yes By the Kashruth Council of Canada

### Nutritional Information Per Serving of 100g (3.5oz)

<b>Energy</b>	
Calories	349.5
Kilojoules	1462.3
<b>Protein (g)</b>	9.8
<b>Fat (g)</b>	2.3
Polyunsaturates (g)	1.5
Monounsaturates (g)	0.4
Saturates (g)	0.4
Trans (g)	0
<b>Cholesterol (mg)</b>	0
<b>Carbohydrate (g)</b>	72.8
Dietary fibre (g)	12.6
Soluble fibre (g)	1.9
Insoluble fibre (g)	10.7
Sugars (mono & di saccharides) (g)	0.5
Complex Carbohydrate (g)	45.0
<b>Sodium (mg)</b>	5.0
<b>Potassium (mg)</b>	240.0
<b>Calcium (mg)</b>	30.0
<b>Iron (mg)</b>	2.4
<b>Phosphorus (mg)</b>	340.0
<b>Vitamin A (RE)</b>	0
(IU)	0
<b>Vitamin C</b>	0
<b>Thiamine (mg)</b>	0.3
<b>Riboflavin (mg)</b>	0.2
<b>Niacin (mg)</b>	3.9
<b>Ash %</b>	1.6
<b>Moisture %</b>	13.5

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