

Grain Package

- Content:** 2 x 900g Spelt Flakes (in 2-liter tin)
 2 x 1500g Spelt Whole Grain (in 2-liter tin)
 2 x 1200g 2-Min. Corn Semolina (in 2-liter tin)
 2 x 1500g Rolled Barley (in 2-liter tin)
 2 x 1400g Golden Millet (in 2-liter tin)
 2 x 1200 Quinoa (in 2-liter tin)
- Storage:** If possible, cool and dry, without direct sunlight.
 A constant temperature of below 20° Celsius would be optimal.
- Once opened:** Close again with the enclosed plastic lid.
 Do not eat directly from the container (contamination), then the content of the opened tin will not go bad for several weeks.
 Avoid huge temperature range to prevent development of humidity in- and outside the tin.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (INDOSA pro-VAC)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Spelt Flakes	1358 / 320	2,7g	0,4g	63,2g	0,9g	10,8g	0,007g	8,8g
Spelt Whole Grain	1270 / 302	2,0g	0,5g	63,0g	1,0g	13,0g	0,0g	10,0g
Corn Semolina	1470 / 351	1,0g	0,2g	65,5g	1,5g	5,6g	0,002g	5,0g
Rolled Barley	1320 / 311	2,1g	0,5g	63,3g	1,0g	9,8g	18mg	9,8g
Golden Millet	1520 / 363	3,5g	0,5g	70,0g	0,4g	10,0g	0,0g	3,0g
Quinoa	1494 / 354	6,1g	0,7g	57,2g	4,9g	14,1g	0,03g	7,0g