

Product Information Bulletin Canadian Harvest® Oat Fiber 200

Features and Benefits

- Has low water absorption
- Can be incorporated at high levels for fiber enrichment
- Very good for low moisture products
- Labels as oat fiber, a clean-label ingredient

Applications

- Baked goods
- Nutrition bars
- Extruded snacks
- Cereals
- Nutrition supplements
- Cookies

- Crackers
- Pet foods
- Whole grain breads

Nutritional Information

(Typical Analysis per 100g)

Calories ¹	6.62
Calories from Fat	2.34
Total Fat	0.26 g
Saturated Fat	0.09 g
Monounsaturated Fat	0.12 g
Polyunsaturated Fat	0.04 g
Trans Fatty Acids	0 g
Cholesterol	0 g
Sodium	45.40 mg
Total Carbohydrate	89.50 g
Dietary Fiber	89.36 g
Insoluble	89.33 g
Soluble	0.03 g
Sugars	0 g
Protein	0.90 g
Vitamin A	0 IU
Vitamin C	0 mg
Calcium	65.80 mg
Iron	6.40 mg
Magnesium	31.30 mg
Phosphorus	26.20 mg
Potassium	26.10 mg
Water	4.06 g
Ash	5.30 g

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Toll-free: 800 353 6782

¹ Calculated to meet FDA labeling regulations (Atwater 4-4-9)

Physical Properties

(Typical Analysis)

	200-58	200-150
Color	Light Tan	Light Tan
Flavor	Bland	Bland
Moisture	7.0 % Max	7.0 % Max
pH	5.5-7.5	5.5-7.5
Water Absorption ²	280 %	250 %
Bulk Density (packed) lbs/cu ft (g/cc)	39.0 (0.42)	40.5 (0.65)
Particle Size Distribution ³		
On U.S. 100 Sieve (0.15 mm)	5 %	70 %
On U.S. 200 Sieve (0.075 mm)	45 %	85 %

Microbiological Analysis

Aerobic Plate Count / gram	<5,000
Yeast and Mold / gram	<100
Salmonella / 750 gram	Negative
E. coli / gram (MPN)	<0.30
	(nd < 0.30)
Coliforms / gram (MPN)	<10

Regulatory Compliance

Regulatory compliance is based on U.S. standards unless otherwise noted.

Ingredient Declaration:

FDA Regulated Foods: Oat Fiber

USDA Regulated Foods: Oat Fiber or Oat Hull Fiber – For use in standardized and

non-standardized meats, where binders are allowed

Non GMO Kosher GRAS

Packaging and Storage

Oat Fiber is packaged in 50 lb. poly-lined Kraft bags. Storage under federal GMP guidelines will ensure a two-year shelf life.

The information contained herein is to the best of our knowledge, correct. The typical data outlined and the statements herein are intended as a source of general information. No warranties, expressed or implied, are made. It is recommended that this product undergo laboratory evaluations prior to use in a finished product. The information contained herein should not be construed as permission for violation of patent rights.

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² Centrifuge method available upon request.

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www.sunopta.com/ingredients

³ Alpine Airjet Sieve using U.S. Std. Mesh Sieves. Operators Manual for Alpine Jet Sieve, Alpine American (25g/3 min)