



Nutrition Facts	
8 servings per container	
Serving size 4 fl oz (120ml)	
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 69mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

OATNOG WITH CASHEW

INGREDIENTS:

Filtered Water, Whole Grain Oats, Cashews, Cane Sugar, Natural Flavors, Salt.

CONTAINS:

Cashews

CARTON



CASE



10018944001301

THE CLEANEST OATNOG ON THE MARKET

10G WHOLE GRAIN PER SERVING × MADE WITH 6 SIMPLE INGREDIENTS × NO CHOLESTEROL OR SATURATED FAT

COMPARE DAIRY & PLANT-BASED HOLIDAY NOG

	ELMHURST® OATNOG	HORIZON® ORGANIC EGGNOG	CALIFIA FARMS HOLIDAY NOG	ALMOND BREEZE® NOG	SO DELICIOUS® COCONUT MILKNOG	SILK® NOG
# INGREDIENTS	6	10	13	13	9	9
BASE	Oat & Cashew	Dairy	Almond	Almond	Coconut	Soy
SUGAR*	8g	22g	8g	11g	15g	12g
ADDED SUGAR*	7g	15g	8g	11g	15g	11g
TOTAL FAT*	2g	3g	1.5g	1.5g	2g	1.5g
CALORIES*	90	140	50	70	90	80
SODIUM*	50mg	85mg	85mg	75mg	115mg	70mg
WHOLE GRAIN STAMP	✓					
GUMS	NONE	Locust Bean, Gellan Gum	Lecithin, Locust Bean, Gellan Gum	Lecithin, Guar, Gellan	Guar, Xanthan Gum	Locust Bean Gum

*ALL NUTRITION COMPARISONS BASED ON 1/2 CUP (4 FL OZ) SERVING SIZE.