

ARONSON  
FURS



★ *Uncle Sam's* ★  
GOOD NATURAL  
PRODUCTS  
271-7299

- FRESH ORGANIC PRODUCE
- HERBS • VITAMINS
- BODY BUILDING SUPPLEMENTS

*Your Health is the ❤️ of Our Business!*



## Gluten-Free

**Available  
Here!**

Pick up your **Gluten-Free** products today!

**natural  
groceries**

# vitamins



**Love at first drop!**

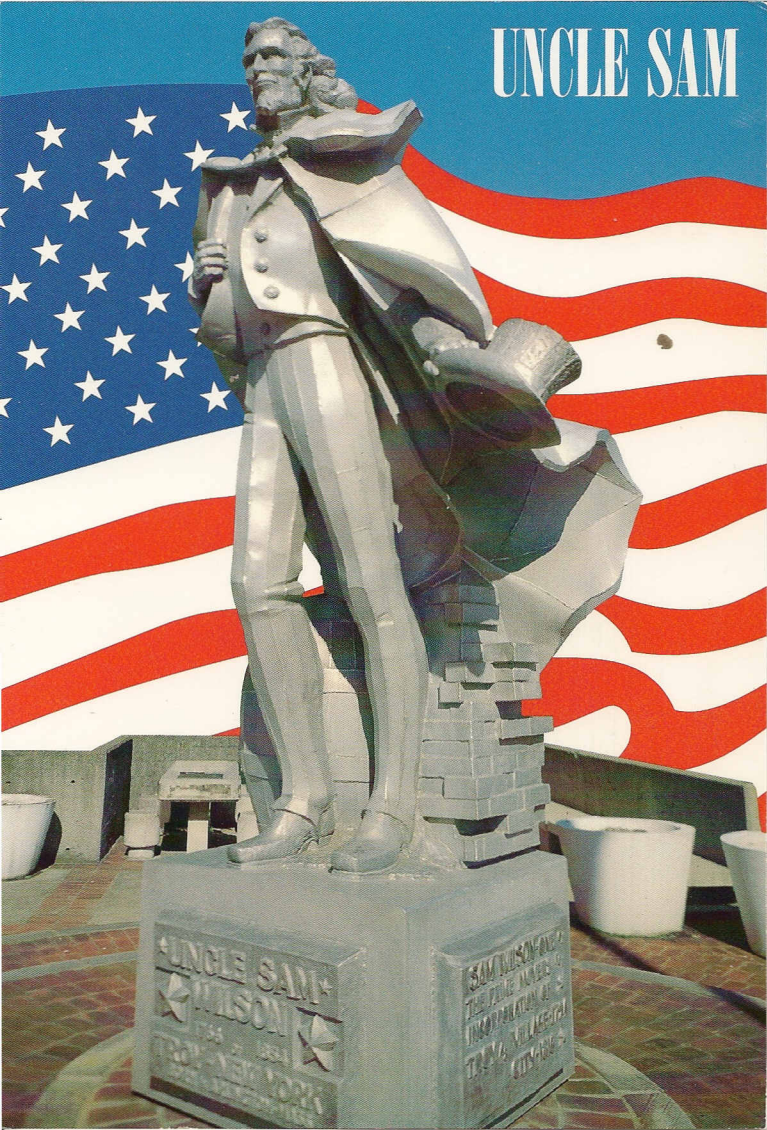
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CELLFOOD  
is here

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## TROY, N.Y.

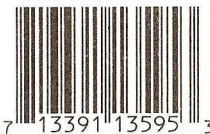
### "The Home of Uncle Sam"

The Troy Professional Firefighters are honored to host the New York State Professional Firefighters Convention.



Painting: Hermitage Des Artistes

Pub. 1997 by Joe Connors, Box 5375, Albany, NY 12205 • 518-458-9071



dg-D12475

## Post Card

## Uncle Sam's Sept. 13 Birthday Celebration Troy, NY - the weekend after Labor Day

Saturday:

10am - Graveside ceremonies at Oakwood Cemetery, military salute, honorary speaker and wreath laying. Shown here is local Uncle Sam impersonator, Fred Polish.

11am - Citizen of the year brunch and introduction of Uncle Sam float pageant winners.

Sunday:

1pm - Parade from 125th St. to Knickerbacker Park, followed by a chicken barbecue, bands, exhibitions, rides, sky divers, and fireworks.

For local UNCLE SAM website info, see  
[www.JOEPOSTCARD.com/UncleSam](http://www.JOEPOSTCARD.com/UncleSam)

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dg-D96684

## Post Card

## GREETINGS FROM TROY, N.Y.

The familiar sobriquet "Uncle Sam" was first used at Troy, N.Y. in 1812. Government supplies bearing the initials "U.S." were officially inspected by Samuel Wilson whose nickname was "Uncle Sam".



dg-B01969

## Post Card

Pub. 2007 by Joe Postcard.com 518-221-6121

Photo by Joe Connors

## "Uncle Sam" Wilson Monument Troy, N.Y.

During the War of 1812, Samuel Wilson was a government supplies inspector. All provisions passing his inspection were stencilled "U.S.," giving "Uncle Sam" nickname "Uncle Sam." Cartoons depicting "Uncle Sam" first appeared in 1852. Whiskers and stars were later added. Congress declared "Uncle Sam" Wilson progenitor of America's national symbol in 1961. He died in 1854 and is buried in Oakwood Cemetery.

Published by JoePostcard@aol.com P.O. Box 5375, Albany, NY 12205

dg-D58800



## Post Card



**Uncle Sam®**

Toasted Whole-Wheat Flakes & Flaxseed

## WHY UNCLE SAM®?

It all started with a recommendation.

In 1908, a physician recommended that our founder, Lafayette Coltrin, add flaxseed to his diet. Mr. Coltrin found that he enjoyed the flaxseed sprinkled on the whole-wheat flakes that he ate for breakfast. In fact, he liked the combination so much that he decided to package it. And, since he was so proud of his resemblance to our nation's Uncle Sam character, he named his new cereal Uncle Sam.



For almost 100 years, the healthy nutritional profile of Uncle Sam® cereal has caused it to be recommended not only by physicians, but also by dietitians, nutritionists, fitness experts and other healthcare professionals, as well as from friend to friend.

Today you can enjoy two great varieties of Uncle Sam® cereal. Original Uncle Sam® is a hearty blend of toasted whole-wheat flakes and flaxseed. Uncle Sam® with Mixed Berries is the same wholesome cereal as Original, but with the delicious addition of real raspberries, strawberries and blueberries. In either case, you are getting our commitment to real whole grain cereal that has spanned nearly a century.

Since 1908

# Uncle Sam®

**Toasted Whole-Wheat Flakes & Flaxseed**

**Original**

**10g Fiber**

**Omega-3 Fatty Acids from Flaxseed  
Less than 1g Sugar**

**100% Whole Grain**



Serving Suggestion

Enlarged to Show Texture

**NET WT 10 OZ (284g)**



THIS PACKAGE IS SOLD BY WEIGHT, NOT VOLUME. YOU CAN BE ASSURED OF PROPER WEIGHT EVEN THOUGH SOME SETTLING OF CONTENTS NORMALLY OCCURS DURING SHIPPING AND HANDLING.

# Uncle Sam®

Toasted Whole-Wheat Flakes & Flaxseed

**Ingredients:** Whole Wheat Kernels, Whole Flaxseed, Salt, Barley Malt, Niacin, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1)  
**CONTAINS WHEAT INGREDIENTS**

## Nutrition Facts

Serving Size 3/4 cup (55g)  
Servings Per Container About 5

Amount Per Serving

**Calories** 190    **Calories from Fat** 40

% Daily Value\*

**Total Fat** 5g    **8%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 135mg    **6%**

**Potassium** 250mg    **7%**

**Total Carbohydrate** 38g    **13%**

Dietary Fiber 10g    **40%**

Soluble Fiber 2g

Insoluble Fiber 8g

Sugars less than 1g

**Protein** 7g

Vitamin A 0%    • Vitamin C 2%

Calcium 4%    • Iron 10%

Thiamin 50%    • Riboflavin 50%

Niacin 50%    • Phosphorus 20%

Magnesium 25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Exchange:** 2 Carbohydrates, 1 Fat  
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

A PRODUCT OF

*U.S. Mills*

DISTRIBUTED BY U.S. MILLS, LLC  
NEEDHAM, MASSACHUSETTS 02494 U.S.A.

WWW.USMILLSLLC.COM

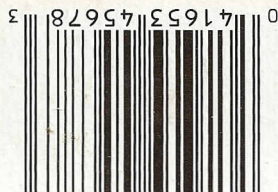
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UNCLE SAM® CEREAL  
PROOF OF PURCHASE

LIFT TAB TO OPEN

Toasted Whole-Wheat Flakes & Flaxseed

BETTER IF USED BEFORE

# Uncle Sam®

PLEASE NOTE: TURN PACKAGE UPSIDE DOWN AND SHAKE BEFORE SERVING.  
THIS PROMOTES EVEN DISTRIBUTION OF FLAXSEED IN EACH SERVING.

## RECOMMENDED FOR ALL THE RIGHT REASONS!

### WHOLE GRAINS & FIBER

Just take a look at the flakes and you can see the shape of the original grain. Our traditional "rolled berry" method preserves the natural fiber, nutritional value, and flavor of the wheat making every flake of Uncle Sam® cereal a true whole grain.

Why choose whole grains? Whole grains are complex carbohydrates. This means they are the type of carbohydrate that is an excellent source of fiber. A single serving of Uncle Sam cereal provides 10g of dietary fiber, including both soluble and insoluble fiber. Fiber helps maintain blood sugar levels which is important for those trying to lose or maintain weight and improve energy. It also helps to lower cholesterol, reduce the risk of diabetes, and promote regularity. Whole grains are rich sources of several vitamins and minerals including antioxidants and phytochemicals – all of which may help reduce the risk of heart disease, cancer and the effects of aging.

### FLAXSEED

Nearly all of the fat found in Uncle Sam cereal is "heart healthy" fat from flaxseed. Flaxseed is one of the best sources of plant omega-3 fatty acids – "essential fatty acids" that cannot be made by the body and must be provided by diet. Omega-3 fatty acids may help prevent cardiovascular disease, high blood pressure, and inflammatory disorders as well as lower the risk of some cancers and aid in mental acuity and metabolism. The fat found in Uncle Sam cereal is working hard to keep you healthy! In addition, flaxseed contains both soluble and insoluble fiber as well as lignans, plant chemicals which may help to reduce the risk of certain cancers.



### LOW SUGAR

A serving of Uncle Sam cereal has less than 1g of sugar! We use just a touch of barley malt to enhance the natural flavor and sweetness of the whole grain. A diet low in added sugar is recommended for weight loss and maintenance, sustaining energy levels, and for people with diabetes.

### LOW GLYCEMIC

Uncle Sam cereal has been approved as low glycemic by The Glycemic Research Institute. This means it does not promote rapid spikes in blood sugar and insulin response and does not stimulate fat-storing enzymes.

### WEIGHT LOSS

Individuals controlling caloric intake to promote weight loss or weight maintenance can benefit from including Uncle Sam cereal at breakfast, as a topping for yogurt or cottage cheese, or sprinkled on salads because it packs a high amount of nutrients for very few calories. Also, the high fiber, low sugar ratio, in combination with the omega-3 fatty acids, makes it very satisfying.

### LOW SODIUM

One serving of Uncle Sam cereal has only 135mg of sodium, about the amount in a cup of milk, and only a small portion of the 2300mg per day maximum recommended in the U.S. Dietary Guidelines.

### PRESERVATIVE FREE

Uncle Sam cereal is a natural food! We add no artificial colors, no artificial flavors, and no preservatives.

Uncle Sam®



Since 1908

Toasted Whole-Wheat Flakes & Flaxseed

# Uncle Sam®



# UNCLE SAM'S GOOD NATURAL PRODUCTS

- HERBS, SPICES
- GRAINS, BEANS
- CEREALS, NUTS
- VITAMINS
- DRIED FRUIT
- COFFEES, TEAS
- BOOKS, FROZEN FOODS
- VEGETARIAN FOOD
- WHEAT AND GLUTEN FREE PRODUCTS

MON.-FRI.: 9AM - 6:30PM • SAT.: 9AM - 5PM

ABDUL BARI

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