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QUAKER
-EST. 1877-

INSTANT OATMEAL

ORGANIC

MAPLE & BROWN SUGAR

FLAVOR WITH OTHER NATURAL FLAVORS

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HOT WATER OR MILK DIRECTIONS

1. Empty packet into bowl.
2. Add up to 1/2 cup hot milk or boiling water, stir.
3. Let stand for 60 seconds.

For thicker oatmeal, use less water or milk.

MICROWAVE DIRECTIONS

1. Empty packet into microwave-safe bowl.
2. Add up to 2/3 cup unheated milk or water, stir. For your convenience, you can use the packet as a measuring cup.
3. Microwave on HIGH 1 to 2 minutes; stir again.

Caution: Bowl and contents may be hot. Microwave ovens vary in power. Cooking time may need to be adjusted.

For thicker oatmeal, use less water or milk.

GOOD SOURCE OF FIBER

USDA ORGANIC

NON GMO PROJECT VERIFIED
www.nongmoproject.org

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HEART HEALTHY

Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.

TOPPING ADDED TO REPRESENT PRODUCT FLAVOR
Enlarged Image

150 CALORIES	0g SAT FAT 0% DV	85mg SODIUM 4% DV	12g ADDED SUGARS 24% DV

8 - 1.44 OZ (41 g) PACKETS NET WT 11.5 OZ (328 g)

Nutrition Facts

8 servings per container
Serving size 1 packet (41g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 100mg	2%

*The % Daily Value (DV) 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.

INGREDIENTS: *Organic whole grain rolled oats, organic sugar, natural flavor, salt.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.

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Certified Organic by Oregon Tilth.

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