LIFT TAB CAREFULLY TO OPEN

cinnamon

QUAKER life MULTIGRAIN CEREAL

MOST LEGENDARY ROCK SONG

We need a totally awesome song for the Battle of the Bands show.
Wanna help me with the winning one?
Let's rock!
-Mikey

Time to jam out!
Fill in the blanks to make our song a hit

LIFE IS AWESOME!

By _____ (Your Name) and Mikey's band,
The _____ (Favorite Color) s
Woke up ready to _____ (Dance Move) and shout
I called up _____ (Friend's Name) and said, "Let's hang out!"
It's a(n) _____ (Descriptive Word) day and I wanna have fun,
Let's meet at _____ (Favorite Place) and play _____ (Instrument) in the sun!
Oooo-weee-oooo
If we get hungry, we'll get some _____ (Favorite Food) to eat,
Don't worry 'bout _____ (School Subject) because LIFE is sweet!
So, c'mon! shake your _____ (Body Part) and show off your smile,
I can't wait to _____ (Favorite Activity) and _____ (Another Favorite Activity) in Rock star style!
Oooo-weee-oooo, yeah yeah yeah!

congrats! you filled out all the blanks
you can cut out your rock star Badge
cut out and collect

MIKEY'S CREW ROCK LEGEND

try our other delicious flavors

And other fun challenges

25g Whole Grains per serving

Good Source of Calcium

NO Artificial Flavors

For special offers, information and to join the conversation, visit QuakerOats.com, Facebook.com/Quaker or @Quaker

32630608327
M241654

TO CLOSE INSERT TAB

Best Before 0 6 0 8 3

632-1-L02-54

We're here to help.
Quakeroats.com or 800.234.6281
Please have package available when calling.

LARGE SIZE 18oz

QUAKER life MULTIGRAIN CEREAL

Heart Healthy — Excellent Source of 5 B Vitamins — NO Artificial Preservatives

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.

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Nutrition Facts

About 12 servings per container
Serving size 1 cup (42g)

Calories	Cereal alone 160	% DV*	with 2/3 cup of Vit. A & D fortified skim milk 210	% DV*
Total Fat	2g	2%	2g	2%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Polyunsat. Fat	0.5g		0.5g	
Monounsat. Fat	0.5g		0.5g	
Cholesterol	0mg	0%	<5mg	1%
Sodium	170mg	7%	240mg	10%
Total Carb.	33g	12%	41g	15%
Dietary Fiber	3g	10%	3g	10%
Total Sugars	10g		18g	
Incl. Added Sugars	10g	19%	10g	19%
Protein	4g		9g	
Vitamin D	0mcg	0%	2mcg	8%
Calcium	160mg	10%	360mg	25%
Iron	11.2mg	60%	11.3mg	60%
Potassium	110mg	2%	370mg	6%
Thiamin	0.36mg	30%	0.42mg	35%
Riboflavin	0.39mg	30%	0.65mg	50%
Niacin	4.8mg	30%	4.8mg	30%
Vitamin B_6	0.51mg	30%	0.51mg	30%
Folate DFE Folic Acid	240mcg (149mcg)	60%	240mcg (149mcg)	60%
Phosphorus	100mg	8%	250mg	20%

* 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: Whole grain oat flour, sugar, corn flour, whole wheat flour, calcium carbonate, salt, cinnamon, baking soda, caramel color, tocopherols (to preserve freshness), reduced iron, niacinamide*, natural flavor, thiamine mononitrate*, annatto (color), pyridoxine hydrochloride*, riboflavin*, folic acid*.

*One of the B vitamins.

CONTAINS WHEAT INGREDIENTS.

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

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Scan here for more food information or call
1-800-234-6281

Serving Suggestion
Enlarged Image

per 1 cup

160 CALORIES | 0g SAT FAT 0%DV | 170mg SODIUM 7%DV | 10g TOTAL SUGARS | CALCIUM 10%DV | IRON 60%DV

NET WT 18 OZ (1 LB 2 OZ) 513 g

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UPC/PURCHASE SEAL
0 30000 06083 4
CINNAMON LIFE CEREAL - 18