

We're here to help.
QuakerOats.com or 800.555.6287
Please have package available when calling.

RECOMMENDED DIRECTIONS

1. Remove both lid and seal.
2. Add boiling water to dark line inside cup, stir.
3. Replace lid and let stand for 3 minutes, stir.

MICROWAVE DIRECTIONS

1. Remove both lid and seal.
2. Add water to dark line inside cup, stir.
3. DO NOT COVER. Microwave on HIGH for 45 seconds (for microwaves under 900 watts, add 10-20 seconds if needed).
4. Stir. Let stand for 1 minute. Adjust water for desired thickness.

Additional space included in cup to prevent product from boiling over.

CAUTION: Cup and contents may be hot.

280 CALORIES PER PACK

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QUAKER
- ESTD 1877 -

REAL MEDLEYS

PEACH ALMOND
FLAVORED, WITH OTHER NATURAL FLAVORS

OATMEAL + CHOPPED ROASTED ALMONDS, SWEET DICED PEACHES, AND MULTIGRAINS

37g WHOLE GRAINS
NO ARTIFICIAL PRESERVATIVES
GOOD SOURCE OF FIBER
7g Total Fat per serving

NO ARTIFICIAL FLAVORS

Nutrition Facts
1 serving per container
Serving size 1 package (75g)

Amount per serving	% Daily Value*
Calories 280	
Total Fat 7g	
Saturated Fat 1g	9%
Trans Fat 0g	4%
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carb. 52g	19%
Dietary Fiber 6g	20%
Total Sugars 19g	
Incl. 16g Added Sugars	31%
Protein 7g	

INGREDIENTS: WHOLE GRAIN OATS, ROASTED ALMONDS, BROWN SUGAR, DRIED PEACHES, SUGAR, BARLEY, WHOLE GRAIN RYE, WHOLE GRAIN WHEAT, NATURAL FLAVOR, SALT. (31416-L02-10)

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
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CHICAGO, IL 60604-9003 U.S.A.
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Scan here for more food information or call 1-800-555-6287

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INTERPRESS

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