

vanilla

QUAKER life

Let's race our bikes around the park.
Ready, set, GO!
-Mikey

☐ Basketball Court

☐ Dog Park

☐ Jungle Gym

☐ Splash pad

START

FINISH

MIKEY'S CREW FAST TRACKER

congrats! you completed the maze and won the race!
you can cut out your FAST TRACKER BADGE!

cut out and collect

Best Before

F0000001471-L02-6

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

Heart Healthy

Excellent Source of 9 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.

QUAKER life

MULTIGRAIN CEREAL

try our other delicious flavors
And other fun challenges

original

cinnamon

chocolate

26g Whole Grains per serving

Good Source of Calcium

NO Colors from Artificial Sources

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

NET WT 13 OZ (370 g)

Serving Suggestion
Enlarged Image

Live it up
vanilla
NATURALLY & ARTIFICIALLY FLAVORED

160 CALORIES

0g SAT FAT 0% DV

170mg SODIUM 7% DV

8g TOTAL SUGARS 16% DV

CALCIUM 10% DV

IRON 70% DV

QUAKER life

MULTIGRAIN CEREAL

vanilla

NATURALLY & ARTIFICIALLY FLAVORED

Nutrition Facts

About 9 servings per container

Serving size 1 cup (42g)

Calories

160

210

% DV*

% DV*

Total Fat

2g

2g

3%

Saturated Fat

0g

0g

0%

Trans Fat

0g

0g

0%

Polysat. Fat

0.5g

0.5g

1%

Monounsat. Fat

0.5g

0.5g

1%

Cholesterol

0mg

<5mg

0%

Sodium

170mg

7%

230mg

10%

Total Carb.

33g

12%

41g

15%

Dietary Fiber

3g

10%

3g

10%

Total Sugars

8g

16%

18g

16%

Incl. Added Sugars

8g

16%

8g

16%

Protein

4g

10g

8%

Vitamin D

0mcg

0%

2mcg

8%

Calcium

150mg

10%

340mg

25%

Iron

13.1mg

70%

18.2mg

70%

Potassium

120mg

2%

370mg

6%

Thiamin

0.3mg

25%

0.42mg

35%

Riboflavin

0.33mg

25%

0.65mg

50%

Niacin

4mg

25%

4mg

25%

Vitamin B₆

0.43mg

25%

0.51mg

30%

Folate DFE

200mcg

50%

200mcg

50%

Folic Acid

(134mcg)

(134mcg)

50%

Phosphorus

130mg

10%

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

*One of the B vitamins.

CONTAINS WHEAT INGREDIENTS.

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CHICAGO, IL 60694-9003 U.S.A.
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QR CODE

Scan here for more food information

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