QUAKER
-ESTD 1877-

GOODNESS YOU CAN TASTE.

At Quaker, we believe that nothing should stand between you and a great breakfast. That's why we strive to keep it simple, with delicious ingredients and the rich tastes of maple and brown sugar flavors in every bowl.

FLAVOR WITH OTHER NATURAL FLAVORS

100% WHOLE GRAINS

GOOD SOURCE OF FIBER

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.

NO ARTIFICIAL PRESERVATIVES, FLAVORS OR ADDED COLORS

QUAKER SUSTAINABILITY PLEDGE

We value our communities and are continually on the lookout for ways to reduce our environmental impact—especially in areas of our farming, packaging, and shipping. We've made progress, but there's more work to be done. Join us in our journey to take better care of the Earth. After all, that's where oats come from. To learn more, visit www.quaker.com/sustainability

Recyclable: PAPER BOX, MULTI-LAYER POUCH

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

100% WHOLE GRAIN
2 g or more per serving
100% OF THE GRAIN IS WHOLE GRAIN

Eat at least three one ounce equivalents (3 servings) of WHOLE GRAINS per day for fiber and overall health. Each oatmeal packet contains a one ounce equivalent (1 serving) of whole grains.

SEE OTHER SIDE FOR OPENING INSTRUCTIONS

TO CLOSE • INSERT TAB

LIFT TAB TO OPEN

Remove flap along perforation on the back of box for a convenient pantry pack.

BEST IF USED BEFORE

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

32635672803

QUAKER
-ESTD 1877-

INSTANT OATMEAL

MAPLE & BROWN SUGAR

FLAVOR WITH OTHER NATURAL FLAVORS

100% WHOLE GRAIN OATS

NO ARTIFICIAL PRESERVATIVES OR FLAVORS

QUAKER
-ESTD 1877-

INSTANT OATMEAL

MAPLE & BROWN SUGAR

FLAVOR WITH OTHER NATURAL FLAVORS

TOPPING ADDED TO REPRESENT PRODUCT FLAVOR
ACTUAL IMAGE

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.

8
1.51 OZ (43 g) PACKETS

NET WT 12.1 OZ (344 g)

per packet: 160 CALORIES; 0.5g SAT FAT 3% DV; 260mg SODIUM 11% DV; 12g TOTAL SUGARS

QUAKER
-ESTD 1877-

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.

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.

Please adjust water or milk for desired consistency.

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

Nutrition Facts

8 servings per container
Serving size 1 packet (43g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	10%
Soluble Fiber 1g	
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.1mg	6%
Potassium 110mg	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: Whole grain oats, sugar, salt, natural flavor.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
© 2022 The Quaker Oats Company

smartlabel™
Scan here for more food information or call 1-800-555-6287

QUAKER
-ESTD 1877-

INSTANT OATMEAL

MAPLE & BROWN SUGAR

FLAVOR WITH OTHER NATURAL FLAVORS

123-L04-64

UPC / PURCHASE SEAL

0 30000 56728 9

QUAKER INSTANT OATMEAL