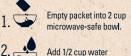


MICROWAVE DIRECTIONS



Add 1/2 cup water or milk, stir. or milk, stir.

Microwave on HIGH 3. Iminute to 1 minute 15 seconds; stir.

Microwave ovens vary in power, cooking times may need to be adjusted. For thicker grits, decrease liquid; for thinner grits increase

SAFE HANDLING INSTRUCTIONS: This is made with raw corn, so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness. Do not eat or play with raw product; wash

hands, utensils, and surfaces after

handling.

We're here to help. Quakeroats.com or 800.694.7487 Please have package available when calling.



SAME DELICIOUS TASTE READY IN 2 MINS







DELICIOUS

Our grits make a great addition to any mea Enjoy one of our many delicious flavors, o mix things up and try adding your own grit topper your family will love - from savory butter, shredded cheese, green onions, or shrimp, to sweet cream, honey or sugar.

SIMPLY THE BEST QUALITY

Quaker has set the standard in Grits for over 100 years. Only Quaker® Instant Grits can help your family continue the tradition with easy to prepare, smooth and creamy Grits.

> For more recipe ideas visit: quakeroats.com



GIVE THEM THE FLAVORS THEY LOVE.

Cheesy, original, butter or spicy -Quaker® Instant Grits has the perfect taste for every occasion.

Nutrition Facts		Original		Butter Naturally flavored		Cheddar Cheese Naturally & Artificially Flavored		Country Bacon Artificially Flavored With Imitation Bacon Bits	
Servings per cont	ainer		3		3		2		2
	1 packet		(28g)		(28g)		(28g)		(28g)
Amount per serving Calories		100 % Daily Value*		100 % Daily Value*		100 % Daily Value*		100 % Daily Value*	
Total Fat		0g	value^ 0%	1.5q	2%	1.5g	2%	0.5q	1%
Saturated Fat		0g 0g	0%	0.5g	3%	0.5q	4%	0.3g 0g	0%
Trans Fat		0g	0 /0	0.0g	- 0 /0	0g	470	0g 0g	
Polyunsaturated Fat		0g		0g		0g		0g	
Monounsaturated Fat		0g		1g		0g		0g	
Cholesterol		0mg	0%	0mg	0%	0mg	0%	0mg	0%
Sodium		310mg	14%	340mg	15%	470mg	20%	400mg	17%
Total Carbohydrate		22g	8%	21g	8%	21g	8%	21g	8%
Dietary Fiber		1g	5%	1g	5%	1g	4%	1g	5%
Total Sugars		0g		0g		0g		0g	
Includes Added Sugars		0g	0%	0g	0%	0g	0%	0g	0%
Protein		2g		2g		2g		3g	
*The % Daily Value (DV)	Vitamin D	0mcg	0%	0.1mcg	0%	0mcg	0%	0mcg	0%
tells you how much a nutrient in a serving of tood contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Calcium	130mg	8%	120mg	8%	120mg	8%	120mg	8%
	Iron	12,9mg	70%	11.6mg	60%	11,5mg	60%	8.6mg	45%
	Potassium	40mg	0%	30mg	0%	50mg	0%	60mg	0%
	Thiamin	0.18mg	15%	0.18mg	15%	0.18mg	15%	0.2mg	15%
	Riboflavin	0.13mg	10%	0.13mg	10%	0.65mg	50%	0.1mg	10%
	Niacin	1.6mg	10%	1.6mg	10%	1.6mg	10%	1.6mg	10%
	Folate DFE	60mcg	15%	60mcg	15%	60mcg	15%	80mcg	20%
	Folio Acid	(36mca)		(36mca)		(36mca)		(AAmoa)	

ORIGINAL INGREDIENTS: Degerminated white corn grits, salt, calcium carbonate, reduced iron, niacinamide*, BHT and citric acid (to preserve freshness), thiamin mononitrate*, riboflavin*, folic acid*. *One of the B vitamins.

BUTTER INGREDIENTS: Degerminated white corn grits, salt, maltodextrin, sunflower oil, vegetable oil (palm kernel and palm oil), rice flour, calcium carbonate, whey, sodium caseinate, oat fiber, natural flavor, corn starch, mono and diglycerides, soy lecithin, hydrogenated palm oil, annatto (color), nonfat milk, reduced iron, turmeric (color), niacinamide*, BHT and citric acid (to preserve freshness), thiamin mononitrate*, riboflavin*, beta carotene (color), folic acid*.

CONTAINS MILK AND SOY INGREDIENTS.

CHEDDAR CHEESE INGREDIENTS: Degerminated white corn grits, salt, coconut oil, corn syrup solids, palm oil, calcium carbonate, and turmeric (color), hydrolyzed corn gluten, moodified food starch, whey, cheddar cheese (milk, cultures, salt, enzymes), yeast extract, annatto and turmeric (color), hydrolyzed corn gluten, monosodium glutamate, sodium phosphate, lactic acid, dissodium inosinate and disodium guanylate, sodium caseinate, reduced iron, mono and diglycerides, potassium phosphate, tocopherols (to preserve freshness), niacinamide*, BHT and citric acid (to preserve freshness), riboflavin (nutrient and color)*, thiamin mononitrate*, folic acid*.

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CONTAINS MILK INGREDIENTS.

COUNTRY BACON INGREDIENTS: Specially processed degerminated white corn grits, textured soy flour, salt, calcium carbonate, soybean oil, natural flavor, caramel color, reduced iron, niacinamide*, BHT and citric acid (preservatives), thiamin mononitrate*, riboflavin*, folic acid*.

CONTAINS SOY INGREDIENTS.

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





FLAVOR VARIETY

Please note: Tiny dark specks occasionally found in our grits are naturally occurring in the corn we use in this product and do not affect the taste

or texture.



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