CHEFSBEST AWARD EXCELLENCE[4]

QUAKER® OATS

ESTD. 1877

100% WHOLE GRAIN ROLLED OATS

OLD FASHIONED

As part of a heart-healthy diet, the soluble fiber in OATMEAL CAN HELP REDUCE CHOLESTEROL

LASTING ENERGY[1] FROM 100% WHOLE GRAIN OATS

GOOD SOURCE OF FIBER

NO PRESERVATIVES[3]

NO ARTIFICIAL FLAVORS[3]

per serving

150	0.5g	0mg	0g	4g
CALORIES	SAT FAT	SODIUM	ADDED SUGARS	FIBER
	3% DV	0% DV	0% DV	13% DV

3 grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 2 grams per serving.

Non GMO Project VERIFIED nongmoproject.org

Nutrition Facts

About 30 servings per container
Serving size 1/2 cup dry (40g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	

Vitamin D 0mcg 0% • Calcium 20mg 0%
Iron 1.5mg 8% • Potassium 150mg 2%
Thiamin 0.2mg 15% • Phosphorus 130mg 10%
Magnesium 40mg 10%

* 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 rolled oats.

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

IT'S HARD TO BEAT A BOWL OF QUAKER® OATS.

100% whole grain oats support a heart-healthy lifestyle† with beta-glucan, a soluble fiber that can help reduce total and LDL cholesterol as part of a diet low in saturated fat and cholesterol. These oats also provide lasting energy[1] to help get you going and keep you going.

THAT'S A WHOLE LOT OF NUTRITION IN ONE BOWL.

†3 grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 2 grams per serving.

Made with whole grains to provide a good source of fiber, and lasting energy[1] to help keep you going.

No Preservatives
No Added Sugar[2]
No Artificial Flavors
No Added Colors[3]

And not just any oats make the cut. Quaker only mills oats that meet strict quality standards and is committed to developing world-class growers and millers.

OLD FASHIONED OATS

Traditional whole grain rolled oats with a creamy, slightly chewy texture

DISCOVER THE POWER OF QUAKER OATS

We're here to help
Quakeroats.com or 800.367.6287
Please have package available when calling

ADD YOUR FAVORITE TOPPINGS!

PREPARING GREAT OATMEAL

SERVINGS	1	2
OATS	1/2 cup	1 cup
WATER or MILK	1 cup	1-3/4 cups
SALT (optional)***	dash	1/8 tsp.

***For low sodium diets, omit salt.

STOVE TOP

1. Boil water or milk and salt.
2. Stir in oats.
3. Cook about 5 minutes over medium heat; stir occasionally.

MICROWAVE (1 serving)

1. Combine water or milk, salt and oats in a medium microwave-safe bowl.
2. Microwave on HIGH 2-1/2 to 3 minutes; stir before serving.

For special offers, information and to join the conversation, visit:
QuakerOats.com,
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UPC/PURCHASE SEAL
OF QUAKER OATS-42
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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. Heart-Check certification applies only when prepared with water and does not apply to recipes.

American Heart Association CERTIFIED Meets Criteria For Heart-Healthy Food™

[1] Helps You Feel Full for up to 4 hours. Serve with 8oz of skim milk.
[2] Not a low calorie food. See nutrition facts for information on sugar and calories.
[3] Oats are inherently free from preservatives, added sugars, artificial flavors & added colors.
[4] The ChefsBest® Excellence Award is awarded to brands that surpass quality standards established by chefs of ChefsBest. Based on testing in the US market.

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NET WT 42 OZ (2 LB 10 OZ) 1.19 kg