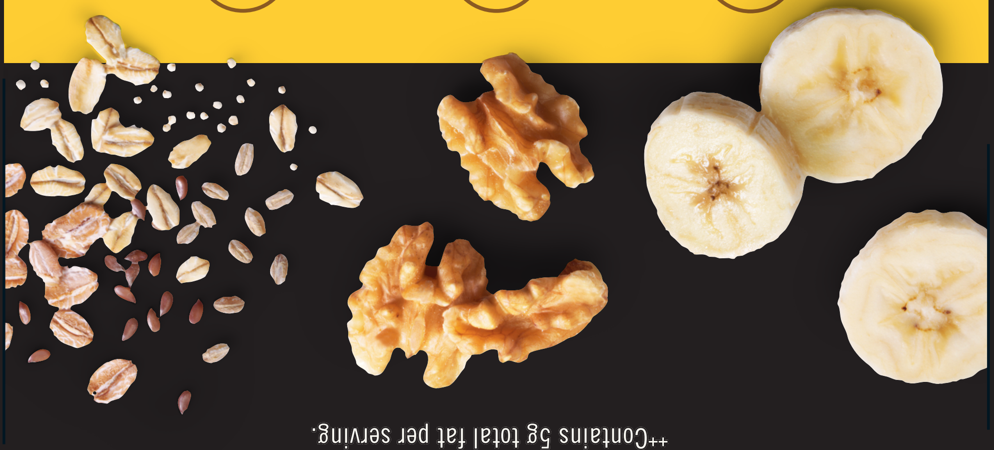
We're here to help.
Quakeroats.com or 800.555.6287
Please have package available when calling.

TO CLOSE - INSERT TAB

Good source of fiber++

Made with 21g of Whole Grains

No Artificial Preservatives
No Artificial Flavors
No Added Colors



WHEN IT COMES TO GOODNESS, IT'S HARD TO BEAT A BOWL OF REAL MEDLEYS.®

Redefine oatmeal with a delicious blend of whole grain oats, wholesome multigrains – such as wheat, barley and rye – and tasty fruit and nuts. These oats are pretty special and a good source of fiber++. Quaker is committed to investing in world class farmers and millers to help ensure we provide the best oats possible to help you get the best start to your day.

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

++Contains 5g total fat per serving.

We value our communities and are continually on the lookout for ways to reduce our environmental impact – especially in areas of oat 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.

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

Eat at least three one ounce equivalent (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.

50%+ WHOLE GRAIN
21g or more per serving
WholeGrainsCouncil.org

50% OR MORE OF THE GRAIN IS WHOLE GRAIN

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

QUAKER
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REAL MEDLEYS®
SUPER GRAINS
—MULTIGRAIN OATMEAL—
BANANA WALNUT
FLAVOR WITH OTHER NATURAL FLAVORS

32635688703

HOT WATER OR MILK DIRECTIONS

1. Empty packet into bowl.
2. Add up to 1/3 cup hot milk or boiling water, stir.
3. Let stand for 2 minutes.

MICROWAVE DIRECTIONS

1. Empty packet into microwave-safe bowl.
2. Add up to 1/2 cup unheated milk or water, stir. For your convenience, you can use the packet as a measuring cup.
3. Microwave on HIGH 60 seconds.
4. Stir and let stand for 2 minutes.

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

TWO WAYS TO OPEN

1. Lift tab here to open.

OR

2. For a convenient pantry pack, on back of box, press in and pull up along perforation to remove flap.

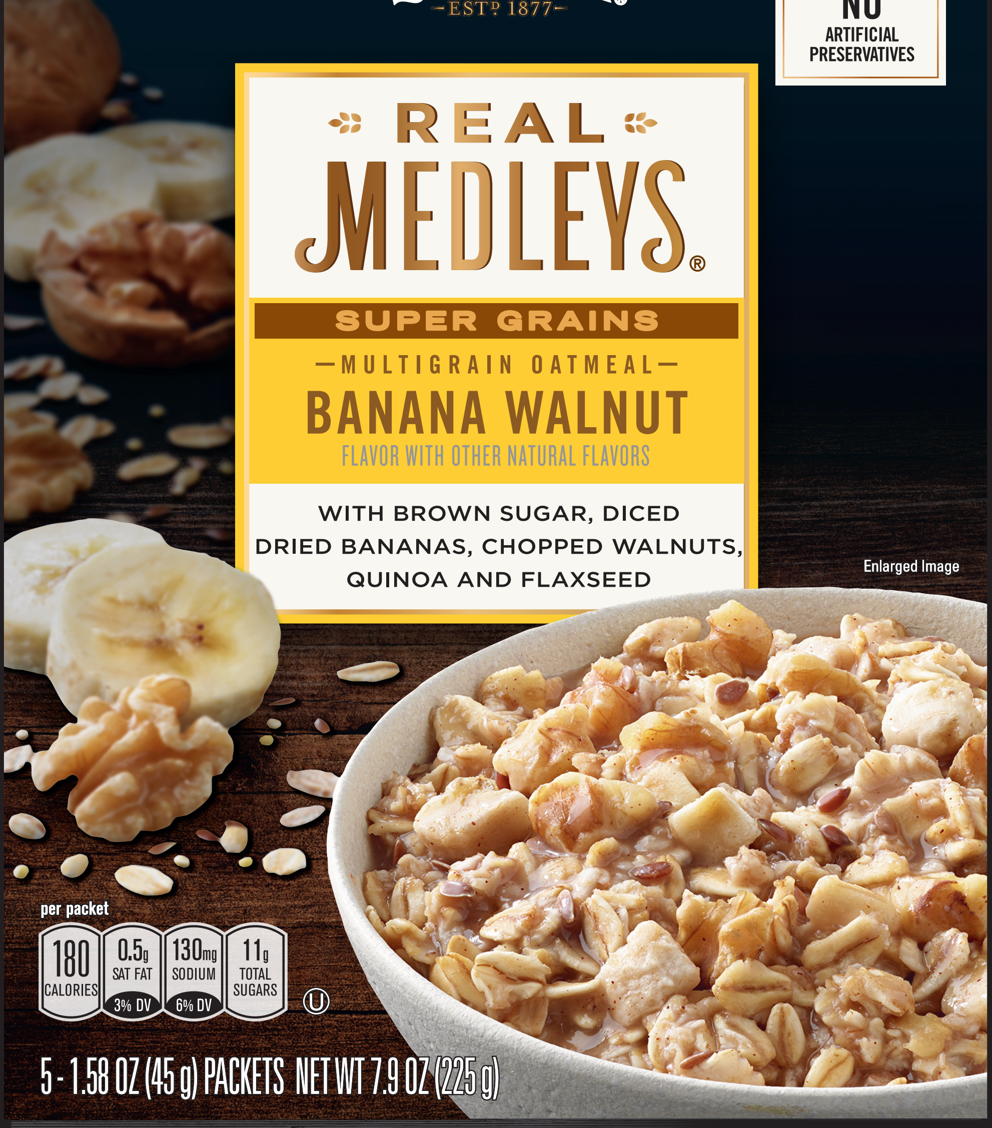
BEST IF USED BEFORE

QUAKER
EST? 1877

21g WHOLE GRAINS
GOOD SOURCE OF FIBER Contains 5g total fat per serving
NO ARTIFICIAL PRESERVATIVES

REAL MEDLEYS®
SUPER GRAINS
—MULTIGRAIN OATMEAL—
BANANA WALNUT
FLAVOR WITH OTHER NATURAL FLAVORS

WITH BROWN SUGAR, DICED DRIED BANANAS, CHOPPED WALNUTS, QUINOA AND FLAXSEED


Enlarged Image

per packet

180	0.5g	130mg	11g
CALORIES	SAT FAT	SODIUM	TOTAL SUGARS
	3% DV	6% DV	

Ⓤ

5 - 1.58 OZ (45 g) PACKETS NET WT 7.9 OZ (225 g)

Nutrition Facts

5 servings per container
Serving size 1 Packet (45g)

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 130mg	**6%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 4g	**13%**
Total Sugars 11g	
Includes 8g Added Sugars	**16%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.4mg	6%
Potassium 220mg	4%

* 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, brown sugar, dried bananas, walnuts coated with rosemary extract (to help protect flavor), whole grain wheat, barley, whole grain rye, quinoa, flaxseed, salt, cinnamon, natural flavor. **CONTAINS WALNUT AND WHEAT INGREDIENTS.**

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

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REAL MEDLEYS®
SUPER GRAINS
—MULTIGRAIN OATMEAL—
BANANA WALNUT
FLAVOR WITH OTHER NATURAL FLAVORS

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