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
Quakeroats.com or 800.555.6287 Please have package available when calling

Nutrition Facts	Apples & Cinnamon FLAVOR WITH OTHER NATURAL FLAVORS		Maple & Brown Sugar FLAVOR WITH OTHER NATURAL FLAVORS		Cinnamon & Spice	
Servings per container	2		4		2	
Serving size 1 packet	(43g)		(43g)		(43g)	
Amount per serving **Calories**	**160**		**160**		**160**	
		% Daily Value*		**% Daily Value***		**% Daily Value***
Total Fat	2g	**3%**	2g	**3%**	2.5g	**3%**
Saturated Fat	0.5g	**2%**	0.5g	**3%**	0.5g	**3%**
Trans Fat	0g		0g		0g	
Polyunsaturated Fat	0.5g		0.5g		0.5g	
Monounsaturated Fat	1g		1g		1g	
Cholesterol	0mg	**0%**	0mg	**0%**	0mg	**0%**
Sodium	160mg	**7%**	260mg	**11%**	200mg	**9%**
Total Carbohydrate	33g	**12%**	33g	**12%**	32g	**12%**
Dietary Fiber	4g	**13%**	3g	**10%**	3g	**11%**
Soluble Fiber	1g		1g		1g	
Total Sugars	11g		12g		10g	
Includes Added Sugars	8g	**16%**	12g	**24%**	10g	**20%**
Protein	4g		4g		4g	
Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%
Calcium	20mg	0%	20mg	0%	20mg	0%
Iron	1.2mg	6%	1.1mg	6%	1.3mg	6%
Potassium	150mg	2%	110mg	2%	130mg	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.

APPLES & CINNAMON INGREDIENTS: Whole grain oats, sugar, dried apples, natural flavor, salt, cinnamon. **121-L02-70**

MAPLE & BROWN SUGAR INGREDIENTS: Whole grain oats, sugar, salt, natural flavor. **123-L04-64**

CINNAMON & SPICE INGREDIENTS: Whole grain oats, sugar, salt, cinnamon and other spices, natural flavor. **127-L04-43**

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

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

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 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.

SEE OTHER SIDE FOR OPENING INSTRUCTIONS

100% WHOLE GRAIN
29g or more per serving
WholeGrainsCouncil.org
100% OF THE GRAIN IS WHOLE GRAIN

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.

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

PAPER BOX | MULTI-LAYER POUCH
how2recycle.info

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QUAKER®
–ESTᴰ 1877–

INSTANT OATMEAL
FLAVOR VARIETY

APPLES & CINNAMON FLAVOR WITH OTHER NATURAL FLAVORS **2** PACKETS
MAPLE & BROWN SUGAR FLAVOR WITH OTHER NATURAL FLAVORS **4** PACKETS
CINNAMON & SPICE **2** PACKETS

QUAKER®
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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.

QUAKER®

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100% WHOLE GRAIN OATS

NO ARTIFICIAL PRESERVATIVES OR FLAVORS

INSTANT OATMEAL FLAVOR VARIETY

APPLES & CINNAMON FLAVOR WITH OTHER NATURAL FLAVORS **2** PACKETS
MAPLE & BROWN SUGAR FLAVOR WITH OTHER NATURAL FLAVORS **4** PACKETS
CINNAMON & SPICE **2** PACKETS

TOPPING ADDED TO REPRESENT PRODUCT FLAVOR
ENLARGED 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

per packet

160 CALORIES	160 CALORIES	160 CALORIES
APPLES & CINNAMON	MAPLE & BROWN SUGAR	CINNAMON & SPICE

NET WT 12.1 OZ (344 g)

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 in every bowl.

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INSTANT OATMEAL
FLAVOR VARIETY

UPC / PURCHASE SEAL
0 30000 56849 1
QUAKER INSTANT OATMEAL

146040

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