NET WT 18 OZ
(1 LB 2 OZ) 510 g
ADD YOUR
FAVORITE TOPPINGS!
PREPARING GREAT OATMEAL
SERVINGS
OATS
WATER or MILK
SALT (optional)
STOVE TOP
MICROWAVE (serving)
CHEFSBEST AWARD
EXCELLENCE
QUAKER OATS
ESTD 1877
100% WHOLE GRAIN ROLLED OATS
OLD FASHIONED
As part of a heart-healthy diet, oat soluble fiber helps reduce cholesterol.
NON GMO PROJECT VERIFIED
LASTING ENERGY
FIBER
NO
Nutrition Facts
About 15 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 23g 8%
Dietary Fiber 3g 12%
Soluble Fiber 1g
Total Sugars 1g
Added Sugars 0g 0%
Protein 5g
Vitamin D 0mcg 0% • Calcium 20mg 2%
Iron 1.8mg 8% • Potassium 150mg 3%
Vitamin C 0mg 0% • Phosphorus 150mg 10%
INGREDIENTS: Whole grain rolled oats.
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 to help get you going and keep you going.
THAT'S A WHOLE LOT OF GOODNESS IN ONE BOWL.
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.
Make with whole grains to provide a good source of fiber and lasting energy!
Is high energy you going?
No Preservatives
No added sugars
No artificial flavors
No added colors!
Is high energy you going?