



IT'S HARD TO
BEAT A BOWL OF
**QUAKER®
OATMEAL
SQUARES**

FRESH FRUIT ADDED AS A SERVING SUGGESTION

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.

47g Whole Grains
PER SERVING
FROM WHOLE GRAIN OAT FLOUR
AND WHOLE WHEAT FLOUR

Good Source
OF FIBER, VITAMIN E,
MAGNESIUM, & ZINC

No Artificial
FLAVORS OR
ADDED COLORS



11g Protein
PER SERVING
WITH 1/2
CUP OF MILK

SIDE PANEL FOR MORE INFORMATION

SEE SIDE PANEL FOR MORE INFORMATION

WITH THEIR SIGNATURE SATISFYING CRUNCH
& a taste of sweetness,
THESE LITTLE SQUARES ARE A
DELICIOUS START TO YOUR MORNING.



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TO CLOSE INSERT TAB

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We're here to help.
Quakeroats.com or 800.234.6281
Please have package available when calling.

FAMILY SIZE 21oz.

GOOD
SOURCE OF
FIBER

— **AND** —

**VITAMIN E,
MAGNESIUM,
& ZINC**



Nutrition Facts

Serving size 1 c

	Calories		Total Fat g		Saturated Fat g		Trans Fat g		Polyunsat. Fat g		Monounsatur. Fat g		Cholesterol mg		Sodium mg		Total Carb. g		Dietary Fiber g		Soluble Fiber g		Total Sugars g		Net Added Sugars g		Protein g		Vitamin D mcg		Calcium mg		Iron mg		Potassium mg		Vitamin E mg		Thiamin mg		Folate DF mcg		Phospho- phorus mg		Magnesium mg		Zinc mg	
	220	270	2.5	4g	0.5	3g	0	0	1	1g	0	0	0	0	190	84	44	5g	18	5g	1g	1g	8	15g	6g	17g	5g	8g	1.5	10g	16.7	90g	3.8	20g	0.24	160	180	450	65	1.1	1.7							

* 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 OAT FLOUR, WHOLE WHEAT FLOUR, SUGAR, MALTODEXTRIN, AND LESS THAN 2% OF MALTED BARLEY EXTRACT, BROWN SUGAR, SALT, MOLASSES, BAKING SODA, MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS), NATURAL FLAVORS, REDUCED IRON, AND FOLIC ACID*.

*ONE OF THE B VITAMINS
CONTAINS WHEAT INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003, CHICAGO, IL 60604-9003
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This package is sold by weight not by volume. Some settling may have occurred during shipping and handling.

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ENLARGED IMAGE

FRESH FRUIT ADDED A SERVING SUGGESTION

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NET WT 21 OZ (1 LB 5 OZ) 596 g

Per serving

220 CALORIES	0.5g SAT FAT 3% DV	190mg SODIUM 8% DV	8g ADDED SUGARS 17% DV
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OATMEAL SQUARES

BROWN SUGAR FLAVOR WITH OTHER NATURAL FLAVORS

FLAVOR WITH OTHER
NATURAL FLAVORS

IPC / PURCHASE SPAL

[illegible]