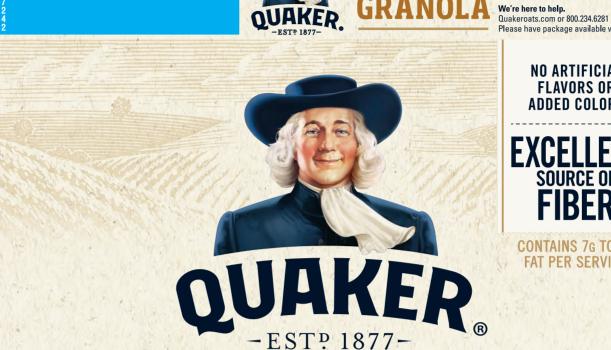


676-L02-60

BEST BEFORE



LIFT TAB CAREFULLY TO OPEN

SIMPLY

Please have package available when calling. **NO ARTIFICIAL** FLAVORS OR ADDED COLORS QUAKER. EXCELLENT SOURCE OF FIBER

CONTAINS 7G TOTAL FAT PER SERVING

Nutrition Facts About 11 servings per container
Serving size 2/3 cup (64g) Calories 260

Total Fat 7g Saturated Fat 1g Trans Fat 0g

Monounsaturated Fat 2g Cholesterol 0mg Sodium 30mg Total Carbohydrate 48g 17%

Polyunsaturated Fat 3g

Dietary Fiber 7g Total Sugars 13g Includes 10g Added Sugars 20%

Vitamin D 0mcg Calcium 60mg Iron 1.6mg Potassium 190mg Thiamin 0.12mg Phosphorus 130mg Magnesium 40mg

*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.

whole grain wheat, sugar, vegetable oil (canola and/or soybean oil), whey, inulin, almonds, nonfat dry milk, molasses, whey protein concentrate, honey, natural flavor, sunflower oil, tocopherols (to preserve freshness). CONTAINS ALMOND, COCONUT, MILK AND WHEAT INGREDIENTS.

THE QUAKER OATS COMPANY P.O. BOX 049003 CHICAGO, IL 60604-9003 © 2024 The Quaker Oats Compar

> (smartlabel°

Scan here for more food information or call
1–800–234–6281

OATS, HONEY & ALMONDS 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. Enlarged Image Serving Suggestion OD NET WT 24.1 OZ (1 LB 8 OZ) 685 g

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