QUAKER
-ESTD 1877-

FLAVOR WITH OTHER NATURAL FLAVORS

Quaker® Immunity Instant Oatmeal has a delicious blend of flavorful real fruit pieces and no artificial flavors or colors from artificial sources. It also helps maintain healthy immune function with a good source of vitamin C, D and Zinc.

GOOD SOURCE OF C, D & ZINC

ENLARGED IMAGE
FRUIT TOPPINGS ADDED AS A SERVING SUGGESTION

NO ARTIFICIAL FLAVORS OR COLORS FROM ARTIFICIAL SOURCES

MADE WITH REAL FRUIT PIECES

100% WHOLE GRAINS

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.

TO CLOSE - INSERT TAB

LIFT TAB TO OPEN OR
Remove flap along perforation on the back of box for a convenient pantry pack

For special offers, information and to join the conversation, visit: QuakerOats.com or @Quaker

PAPER BOX
MULTI-LAYER POUCH
how2recycle.info

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

BEST IF USED BEFORE

100% WHOLE GRAIN
31g 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.

SEE OTHER SIDE FOR OPENING INSTRUCTIONS

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.

GOOD SOURCE OF C, D & ZINC

HELPS MAINTAIN HEALTHY IMMUNE FUNCTION

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HOT WATER OR MILK DIRECTIONS

1. Empty packet into bowl.
2. Add up to 1/3 cup of hot milk or boiling water.
3. Stir and let stand for 60 seconds.

MICROWAVE DIRECTIONS

1. Empty packet into microwave-safe bowl.
2. Add up to 1/2 cup of unheated milk or water, stir.
3. Microwave on HIGH 1 to 2 minutes; stir again.

Adjust water or milk for desired thickness.

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

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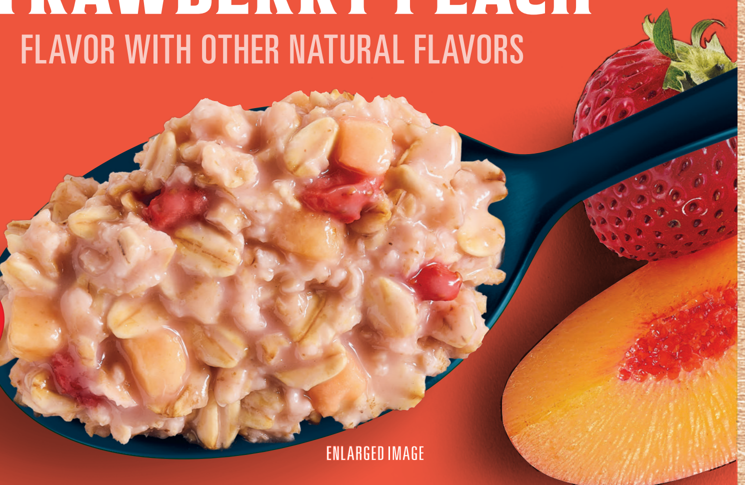
IMMUNITY
INSTANT OATMEAL

GOOD SOURCE C, D & ZINC
helps maintain healthy immune function

STRAWBERRY PEACH
FLAVOR WITH OTHER NATURAL FLAVORS



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.

6 - 1.41 OZ (40 g) PACKETS NET WT 8.4 OZ (240 g)

Per packet

150 CALORIES	0.5g SAT FAT 3% DV	105mg SODIUM 5% DV	6g ADDED SUGARS 12% DV

Ⓤ

Nutrition Facts
6 servings per container
Serving size 1 packet (40g)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 105mg	**5%**
Total Carbohydrate 29g	**11%**
Dietary Fiber 3g	**11%**
Soluble Fiber 1g	
Total Sugars 7g	
Includes 6g Added Sugars	**12%**
Protein 4g	
Vitamin D 2mcg	10%
Calcium 20mg	0%
Iron 1.3mg	6%
Potassium 150mg	2%
Vitamin C 9mg	10%
Zinc 1.7mg	15%

* 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, SUGAR, DRIED STRAWBERRIES (STRAWBERRIES, COCONUT OIL [TO PRESERVE FRESHNESS]), DRIED PEACHES (PEACHES, PAPRIKA EXTRACT [COLOR], ANNATTO EXTRACT [COLOR]), NATURAL FLAVORS, SALT, BEET JUICE CONCENTRATE (COLOR), ASCORBIC ACID (VITAMIN C), ZINC GLUCONATE, PURPLE CORN JUICE (COLOR), VITAMIN D2 (ERGOCALCIFEROL).

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

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QUAKER INSTANT OATMEAL