









GOOD

SOURCE OF **FIBER** 

AND -

VITAMIN E, MAGNESIUM,

& ZINC

**Nutrition Facts** About 7 servings per container
Serving size 1 c

Calories 2.5g 4% 3g Saturated Fat 0.5g 3% 0.5g 3% Trans Fat Polyunsat. Fat Monounsat. Fat otal Carb.

Dietary Fiber Soluble Fiber Incl. Added Sugars

30mg 0% 170mg 10% 16.6mg 90% 16.7mg 90% 0.24mg 20% 0.3mg 25% 190mg 15% 310mg 25% 1.1mg 10% 1.7mg 15%

\* The % Daily Value (DV) tells you how much a nutrier 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 FRÉSHNESS), NATURAL FLÀVORS, REDUCED IRON, AND FÓLIC ACID\*.

\*ONE OF THE B VITAMINS **CONTAINS WHEAT INGREDIENTS** 

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
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This package is sold by weight not by volume. Some settling may have occurred during shipping and handling.



OATMEAL SQUARES
BROWN SUGAR FLAVOR WITH DITHER
NATURAL FLAVORS



QUAKER.

PROTEIN GRANOLA

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