OLD FASHIONED

100% WHOLE GRAIN ROLLED OATS

QUAKER OATS

UPC / PURCHASE SEAL

41000

Preparing Great Oatmeal			
No. of 40g Servings	Old Fashioned Oats	Water or Milk	Salt (Optional)
About 57	5 lbs	3 gal. + 1 qt.	1-1/2 Tbsp.
16	8 cups	16 cups	2 tsp.
8	4 cups	8 cups	1 tsp.
4	2 cups	3-1/4 cups	1/4 tsp.
2	1 cup	1-3/4 cups	1/8 tsp.
1-1/2	3/4 cup	1-1/2 cups	Dash
1	1/2 cup	1 cup	Dash

We're here to help.
Quakeroats.com or 800.367.6287
Please have package available when calling.

FOOD SERVICE PREPARATION

DIRECT HEAT METHOD
In heavy saucepan, stir Oats into briskly boiling salted water. Return to boil; reduce heat. Simmer 3 to 5 minutes, stirring occasionally. Transfer to steam table; cover. Let stand 5 to 10 minutes.

MICROWAVE DIRECTIONS*
For 1 serving: pour 1 cup water, 1/2 cup Oats and a dash of salt (optional) in 1 quart microwave-safe container. Cook uncovered about 2-1/2 to 3 minutes (1000 watt microwave oven); stir well. Let stand until desired consistency.
Serving Suggestion: Try one of these: Brown Sugar, Chopped Nuts, Raisins, Preserves, Strawberries, Blueberries, Dried Fruit, Yogurt, Quaker® Simply Granola, Chocolate Chips, Honey or Pearl Milling Company® Syrup.

BEST BEFORE
4 1 0 0 0 0

HOME PREPARATION

STOVE TOP
1. Stir Oats into briskly boiling salted water.
2. Cook 5 minutes over medium heat, stirring occasionally.
3. Cover; remove from heat. Let stand until desired consistency. **For creamier texture**, combine Oats and salt in cold water; bring to a boil. Cook as directed.

MICROWAVE DIRECTIONS*
1. For 1 serving, combine water, salt and Oats in a 2 cup microwaveable cereal bowl.
2. Microwave on HIGH 2-1/2 to 3 minutes or until thickened.
3. Mix well before serving.

*Microwave ovens vary in power; cooking times may need to be adjusted.

Nutrition Facts

About 113 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 27g	**10%**
Dietary Fiber 4g	**13%**
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 5g	

Vitamin D 0mcg 0% • Calcium 20mg 0%
Iron 1.5mg 8% • Potassium 150mg 2%
Thiamin 0.2mg 15% • Phosphorus 130mg 10%
Magnesium 40mg 10%

* 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 rolled oats. **104-1-L06-1B**

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003 CHICAGO,IL
60604-9003 U.S.A.
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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 may help lower LDL cholesterol as part of a diet low in saturated fat and cholesterol.

THAT'S A WHOLE LOT OF NUTRITION IN ONE BOWL.

OLD FASHIONED OATS

Rolled oats for a traditional, hearty texture

Enlarged Image

smartlabel™
Scan here for more food information or call 1-800-367-6287

*3 grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 2 grams per serving.

Made with whole grain oats to provide a good source of fiber, and energy to help keep you going.

No Preservatives
No Artificial Flavors
No Added Colors†

†Oats are inherently free from preservatives, artificial flavors & added colors.

★ HIGH QUALITY ROLLED OATS ★

Learn more about our oats at

TRY OUR OTHER VARIETIES

QUICK 1- MINUTE
The same oats you love, just rolled thinner for faster cooking.

STEEL CUT
Cut across the grain for a nutty, hearty texture

INSTANT OATMEAL
100% whole grain and a good source of fiber

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.

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For toppings and recipe ideas, visit QuakerOats.com, Facebook.com/Quaker or @Quaker.

Please Recycle this carton

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2 | 5 LB BAGS | 110+ 40g SERVINGS

QUAKER® OATS
ESTD 1877

LASTING ENERGY‡ FROM 100% WHOLE GRAIN OATS

GOOD SOURCE OF FIBER

NO PRESERVATIVES OR ARTIFICIAL FLAVORS†

‡Helps You Feel Full for up to 4 hours. Serve with 8oz of skim milk.

TRUSTED BRAND — SINCE — 1877

2 5 LB BAGS 110+ 40g SERVINGS

100% WHOLE GRAIN ROLLED OATS
OLD FASHIONED

FRESH FRUIT ADDED AS SERVING SUGGESTION
ENLARGED TO SHOW DETAIL

As part of a heart-healthy diet, the soluble fiber in OATMEAL CAN HELP REDUCE CHEROLESTEROL

3 grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 2 grams per serving.

2 - 80 OZ (5 LB) 2.26 kg BAGS
NET WT 160 OZ (10 LB) 4.52 kg

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NON GMO Project VERIFIED

Per 40g serving

150 CALORIES	0.5g SAT FAT	0mg SODIUM	0g ADDED SUGARS
	3% DV	0% DV	0% DV

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