

TO CLOSE INSERT TAB

QUAKER
-ESTD 1877-

Help start your morning with a nourishing bowl of Quaker® Protein Granola, with a delicious taste of maple flavor & brown sugar, a satisfying crunch and whole grain oats. Enjoy with milk, over yogurt or on the go.

12G PROTEIN
PER SERVING

FLAVOR WITH OTHER NATURAL FLAVORS

GOOD SOURCE OF FIBER
Contains 7g total fat per serving

36G OF WHOLE GRAINS
Per serving
From Whole Grain Oats and Whole Grain Wheat

Enlarged Image
Serving Suggestion

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PROTEIN GRANOLA

TRY OUR OTHER DELICIOUS FLAVORS:

OATS, HONEY, RAISINS & ALMONDS

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PROTEIN GRANOLA

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BEST BEFORE

We're here to help.
QuakerOats.com or 800.234.5281
Please have package available when calling.

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12G PROTEIN
per serving

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PROTEIN GRANOLA

MAPLE & BROWN SUGAR
FLAVOR WITH OTHER NATURAL FLAVORS

Enlarged Image
Serving Suggestion

NET WT 18 OZ (1 LB 2 OZ) 513 g

Per serving

260 CALORIES
4% DV

1g SAT FAT
2% DV

95mg SODIUM
2% DV

12g ADDED SUGARS
24% DV

Nutrition Facts
About 8 servings per container
Serving size 2/3 cup (62g)

Amount per serving	% Daily Value*
Calories 260	
Total Fat 7g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	16%
Total Sugars 13g	
Includes 12g Added Sugars	25%
Protein 12g	23%
Vitamin D 1.9mcg	8%
Calcium 90mg	6%
Iron 1.5mg	8%
Potassium 170mg	2%

*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, WHOLE GRAIN WHEAT, SUGAR, CANOLA OIL, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, AND LESS THAN 2% OF ALMONDS, MOLASSES, NATURAL FLAVORS, SALT, SUNFLOWER OIL, AND MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS).
CONTAINS ALMOND, MILK, AND WHEAT INGREDIENTS.

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: 1-800-234-5281

This package is sold by weight, net volume. Some settling may have occurred during shipping and handling.

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PROTEIN GRANOLA

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PAPER PLASTIC