ORGANIC
MADE WITH ORGANIC INGREDIENTS
GROWN & PROCESSED ORGANICALLY
USDA ORGANIC
USDA VERIFIED
100% WHOLE GRAINS
GOOD SOURCE OF FIBER
NO ARTIFICIAL FLAVORS OR ADDED COLORS
HEART HEALTHY
These little whole grains pack quite the punch. They are a good source of fiber to help fill you up. It's deliciously tasty and you won't find artificial flavors, preservatives or added colors in these oats.
QUAKER
-ESTD 1877-
TO CLOSE • INSERT TAB
LIFT TAB TO OPEN
Remove flap along perforation on the back of box for a convenient pantry pack
BEST IF USED BEFORE
SEE OTHER SIDE FOR OPENING INSTRUCTIONS
We're here to help. Quakeroats.com or 800.555.0287
Please have package available when calling.
PAPER BOX
MULTI-MATERIAL POUCH
32630155212
INSTANT OATMEAL
ORGANIC
ORIGINAL

QUAKER
-ESTD 1877-
HOT WATER OR MILK DIRECTIONS
1. Empty packet into bowl.
2. Add up to 1/2 cup hot milk or boiling water, stir.
3. Let stand for 60 seconds.
For thicker oatmeal, use less water or milk.
MICROWAVE DIRECTIONS
1. Empty packet into microwave-safe bowl.
2. Add up to 2/3 cup unheated milk or water, stir. For your convenience, you can use the packet as a measuring cup.
3. Microwave on HIGH 1 to 2 minutes; stir again.
Caution: Bowl and contents may be hot. Microwave ovens vary in power. Cooking time may need to be adjusted.
For thicker oatmeal, use less water or milk.
GOOD SOURCE OF FIBER
USDA ORGANIC
NON GMO PROJECT VERIFIED
INSTANT OATMEAL
ORGANIC
ORIGINAL
FRESH FRUIT ADDED AS SERVING SUGGESTION
Enlarged Image
100 CALORIES
0.5g SAT FAT 3% RI*
0mg SODIUM 0% RI*
0g ADDED SUGARS 0% RI*
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.
8 - 0.98 OZ (28 g) PACKETS NET WT 7.9 OZ (224 g)
Nutrition Facts
8 servings per container
Serving size 1 packet (28g)
Amount per serving
Calories 100
% Daily Value*
Total Fat 2g 2%
Saturated Fat 0.5g 3%
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 0.5g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 19g 7%
Dietary Fiber 3g 10%
Soluble Fiber 1g
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 4g
Vitamin D 0mcg 0%
Calcium 10mg 0%
Iron 1.2mg 6%
Potassium 100mg 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: Organic whole grain rolled oats.
DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
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Certified Organic by Oregon Tilth.
smartlabel®
Scan here for more food information or call
1-800-555-6287
QUAKER
-ESTD 1877-
INSTANT OATMEAL
ORGANIC
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01552-L05-2
UPC / PURCHASE SEAL
0 50000 01552 0
COUPON REDEMPTION CONTROL