

ESTD 1877

FLAVOR WITH OTHER NATURAL FLAVORS

OATMEAL SQUARES

HONEY NUT

WHOLE GRAIN.

Crunchy

DELICIOUS.

FLAVOR WITH NATURAL FLAVORS

IT'S HARD TO BEAT A BOWL OF

QUAKER® OATMEAL SQUARES

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.

47g Whole Grains

PER SERVING

FROM WHOLE GRAIN OAT FLOUR AND WHOLE WHEAT FLOUR

Good Source

OF FIBER, VITAMIN E, MAGNESIUM, & ZINC

No Artificial

FLAVORS OR ADDED COLORS

11g Protein

PER SERVING

WITH 1/2 CUP OF MILK

SEE SIDE PANEL FOR MORE INFORMATION

WITH THEIR SIGNATURE SATISFYING CRUNCH

& a taste of sweetness,

THESE LITTLE SQUARES ARE A DELICIOUS START TO YOUR MORNING.

100% WHOLE GRAIN

47g or more per serving

100% OF THE GRAIN IS WHOLE GRAIN

WholeGrainsCouncil.org

ENLARGED IMAGE

FRESH FRUIT ADDED AS A SERVING SUGGESTION

LEFT TAB CAREFULLY TO OPEN

ESTD 1877

OATMEAL SQUARES

HONEY NUT

FLAVOR WITH OTHER NATURAL FLAVORS

Love that Quaker® crunch?

TRY OUR QUAKER® GRANOLA!

QUAKER SIMPLY GRANOLA:

QUAKER PROTEIN GRANOLA:

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

TO CLOSE INSERT TAB

Best Before

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We're here to help.
QuakerOats.com or 800.234.6281
Please have package available when calling.

QUAKER

- ESTD 1877 -

GOOD SOURCE OF FIBER

AND

VITAMIN E, MAGNESIUM, & ZINC

Crunchy Whole Grain Cereal

OATMEAL SQUARES

HONEY NUT

FLAVOR WITH OTHER NATURAL FLAVORS

ENLARGED IMAGE

FRESH FRUIT ADDED AS SERVING SUGGESTION

UD

NET WT 14.5 OZ (411 g)

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.

220 CALORIES

0.5g SAT FAT

3% DV

190mg SODIUM

8% DV

8g ADDED SUGARS

16% DV

UPC / PURCHASE SEAL

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OATMEAL SQUARES

HONEY NUT

FLAVOR WITH OTHER NATURAL FLAVORS

Nutrition Facts

About 7 servings per container

Serving size 1 cup (56g)

	Cereal with 1/2 cup of alone Vit. A & D fortified skim milk	% DV*	% DV*
Calories	220	270	
Total Fat	3g	4%	3g 4%
Saturated Fat	0.5g	3%	0.5g 3%
Trans Fat	0g		0g
Polysat. Fat	1g		1g
Monounsat. Fat	1g		1g
Cholesterol	0mg	0%	<5mg 1%
Sodium	190mg	8%	250mg 11%
Total Carb.	44g	16%	50g 18%
Dietary Fiber	5g	18%	5g 18%
Soluble Fiber	1g		1g
Total Sugars	9g		15g
Incl. Added Sugars	8g	16%	8g 16%
Protein	6g	5%	11g 17%
Vitamin D	0mcg	0%	1.5mcg 6%
Calcium	30mg	0%	170mg 10%
Iron	16.7mg	90%	16.7mg 90%
Potassium	190mg	4%	380mg 8%
Vitamin E	3mg	20%	3mg 20%
Thiamin	0.24mg	20%	0.3mg 25%
Folate DFE	240mcg	60%	240mcg 60%
Folic Acid	(152mcg)		(152mcg)
Phosphorus	190mg	15%	310mg 25%
Magnesium	65mg	15%	85mg 15%
Zinc	1.1mg	10%	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 OAT FLOUR, WHOLE WHEAT FLOUR, SUGAR, MALTODEXTRIN, AND LESS THAN 2% OF MALTED BARLEY EXTRACT, BROWN SUGAR, NATURAL FLAVORS, SALT, MOLASSES, BAKING SODA, MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS), REDUCED IRON, AND FOLIC ACID.*

*ONE OF THE B VITAMINS

CONTAINS WHEAT INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
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smartlabel®

Scan here for more food information or call 1-800-234-6281

This package is sold by weight not by volume. Some settling may have occurred during shipping and handling.

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