NET WT 42 OZ
(2 LB 10 OZ) 1.19 kg
ADD YOUR FAVORITE TOPPINGS!
PREPARING GREAT OATMEAL
SERVINGS
1
2
OATS
1/2 cup
1 cup
WATER or MILK
1 cup
1 3/4 cups
SALT (optional)***
1/4 tsp
1/8 tsp
STOVETOP
MICROWAVE (1 serving)
CHEFSBEST AWARD OF EXCELLENCE
QUAKER OATS
EST'D 1877
100% WHOLE GRAIN ROLLED OATS
QUICK 1-MINUTE OATS
As part of a heart healthy diet that includes oatmeal, CAN HELP REDUCE CHOLESTEROL
Nutrition Facts
Calories 150
LASTING ENERGY
HIGH FIBER
NO artificial flavors
NO artificial colors
WHEN IT COMES TO NUTRITION,
IT'S HARD TO BEAT A BOWL OF QUAKER® OATS.
QUICK 1-MINUTE