how2recycle.info

PAPER	MULTI-LAYER
BOX	POUCH

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

TO CLOSE - INSERT TAB

LIFT TAB TO OPEN OR Remove flap along perforation on the back of box for a convenient pantry pack

ENLARGED IMAGE
FRUIT TOPPINGS ADDED AS A SERVING SUGGESTION

NO ARTIFICIAL FLAVORS OR COLORS FROM ARTIFICIAL SOURCES

MADE WITH REAL FRUIT PIECES

100% WHOLE GRAINS

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.

GOOD SOURCE OF C, D & ZINC

Quaker® Immunity Instant Oatmeal has a delicious blend of flavorful real fruit pieces and no artificial flavors or colors from artificial sources. It also helps maintain healthy immune function with a good source of vitamin C, D and Zinc.

QUAKER® -ESTD 1877-

FLAVOR WITH OTHER NATURAL FLAVORS

We're here to help. Quakeroats.com or 800.555.6287
Please have package available when calling.

BEST IF USED BEFORE

100% OF THE GRAIN IS WHOLE GRAIN

100% WHOLE GRAIN 31g or more per serving
WholeGrainsCouncil.org

Eat at least three one ounce equivalent (3 servings) of WHOLE GRAINS per day for fiber and overall health. Each oatmeal packet contains a one ounce equivalent (1 serving) of whole grains.

QUAKER SUSTAINABILITY PLEDGE

We value our communities and are continually on the lookout for ways to reduce our environmental impact – especially in areas of oat farming, packaging, and shipping. We've made progress, but there's more work to be done. Join us in our journey to take better care of the Earth. After all, that's where oats come from.

SEE OTHER SIDE FOR OPENING INSTRUCTIONS

GOOD SOURCE OF C, D & ZINC

HELPS MAINTAIN HEALTHY IMMUNE FUNCTION

32635770402

QUAKER® -ESTD 1877-

HOT WATER OR MILK DIRECTIONS

1. Empty packet into bowl.
2. Add up to 1/3 cup of hot milk or boiling water.
3. Stir and let stand for 60 seconds.

MICROWAVE DIRECTIONS

1. Empty packet into microwave-safe bowl.
2. Add up to 1/2 cup of unheated milk or water; stir.
3. Microwave on HIGH 1 to 2 minutes; stir again.

Adjust water or milk for desired thickness.

Caution: Bowl and contents may be hot. Microwave ovens vary in power. Cooking time may need to be adjusted.

QUAKER®
-ESTD 1877-

IMMUNITY INSTANT OATMEAL

GOOD SOURCE C, D & ZINC helps maintain healthy immune function

RASPBERRY STRAWBERRY

FLAVOR WITH OTHER NATURAL FLAVORS

ENLARGED IMAGE

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.

6 - 1.41 OZ (40 g) PACKETS NET WT 8.4 OZ (240 g)

Ⓤ

Per packet

150	0.5g	110mg	6g
CALORIES	SAT FAT	SODIUM	ADDED SUGARS
	3% DV	5% DV	12% DV

Nutrition Facts

6 servings per container
Serving size 1 packet (40g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 3g	**12%**
Soluble Fiber 1g	
Total Sugars 7g	
Includes 6g Added Sugars	**12%**
Protein 4g	
Vitamin D 2mcg	10%
Calcium 20mg	0%
Iron 1.3mg	6%
Potassium 150mg	2%
Vitamin C 9mg	10%
Zinc 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 OATS, SUGAR, DRIED RASPBERRIES (RASPBERRIES, COCONUT OIL [TO PRESERVE FRESHNESS]), DRIED STRAWBERRIES (STRAWBERRIES, COCONUT OIL [TO PRESERVE FRESHNESS]), NATURAL FLAVORS, SALT, BEET JUICE CONCENTRATE (COLOR), ASCORBIC ACID (VITAMIN C), ZINC GLUCONATE, VITAMIN D2 (ERGOCALCIFEROL).

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 1-800-555-6287

QUAKER® -ESTD 1877-

RASPBERRY STRAWBERRY

FLAVOR WITH OTHER NATURAL FLAVORS

9420750-LBS000009858v1-2

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0 30000 57704 2
QUAKER INSTANT OATMEAL