Nutrition Facts

About 20 servings per container
Serving size 1/3 cup dry (34g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 3g	**12%**
Soluble Fiber 1g	
Total Sugars less than 1g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.4mg	8%
Potassium 120mg	2%
Thiamin 0.1mg	10%
Phosphorus 130mg	10%
Magnesium 40mg	10%

* 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.

ESTD 1877

HEALTHY HERITAGE

For over 140 years, Quaker has been refining the **CRAFT OF MILLING** oats. Milling unlocks the nutrition within so you can start your morning off right.

At Quaker, **WE KNOW OATS** they're our business *and our passion.*

PREPARING GREAT OATMEAL

SERVINGS	1	2
OATS	1/3 cup	2/3 cup
WATER or MILK	1 cup	1-3/4 cups
SALT (optional)**	dash	1/8 tsp.

**For low sodium diets, omit salt.

STOVE TOP

1. Boil water or milk and salt.
2. Stir in oats.
3. Cook about 6-8 minutes over medium heat; stir occasionally.

MICROWAVE (1 serving)

1. Combine water or milk, salt and oats in medium microwave-safe bowl.
2. Microwave on HIGH 2-1/2 to 3 minutes; stir before serving.

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

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Certified Organic by OTCO

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Scan here for more food information or call:
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QUAKER™ OATS
ESTD 1877

ORGANIC
WHOLE GRAINS 100%
USDA ORGANIC
CERTIFIED ORGANIC
100% WHOLE GRAIN
OLD FASHIONED

Clear Window

Clear Window

Heart Healthy®

3 grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 2 grams per serving.

PER 1/3 DRY

120 CALORIES	0g SAT FAT 0% DV	0mg SODIUM 0% DV	<1g TOTAL SUGARS	3g FIBER 12% DV

NET WT 24 OZ (1 LB 8 OZ) 681 g