

Nutrition Facts	
About 15 servings per container	
Serving size 1/2 cup dry (44g)	
Amount per serving	
Calories	150
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
Soluble Fiber 2g	
Total Sugars less than 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.9mg	10%
Potassium 160mg	2%
Thiamin 0.2mg	15%
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	1/2 cup	1 cup
WATER or MILK	1 cup	1-3/4 cups
SALT (optional)**	dash	1/8 tsp.

\*\* For low sodium diets, omit salt.

#### STOVE TOP

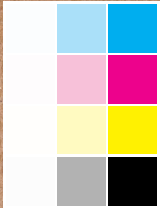
1. Boil water or milk and salt.
2. Stir in oats.
3. Cook about 1 minute over medium heat; stir occasionally.

#### MICROWAVE (1 serving)

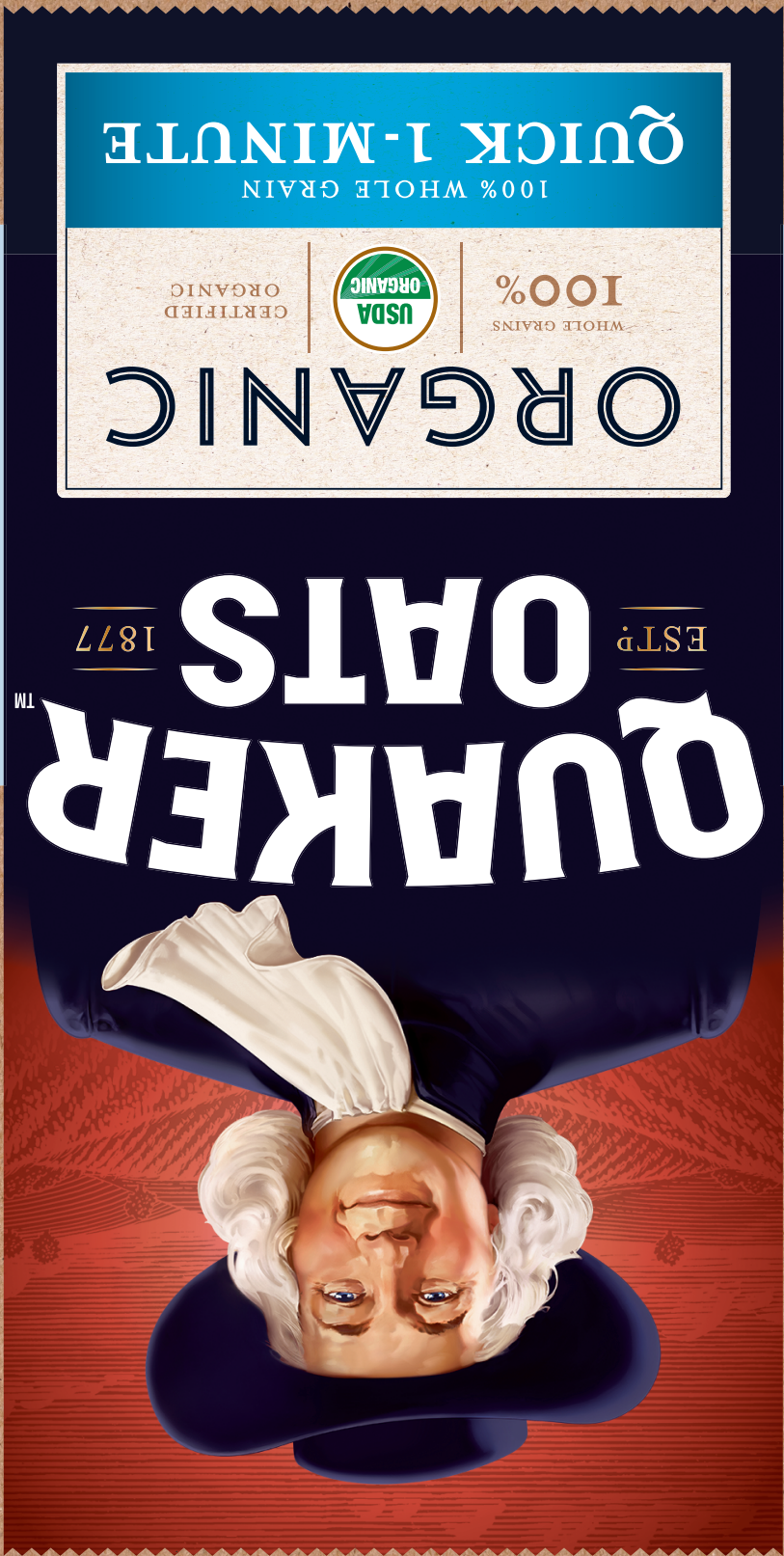
1. Combine water or milk, salt and oats in medium microwave-safe bowl.
2. Microwave on HIGH 1-1/2 to 2 minutes; stir before serving.

For information and to join the conversation, visit:  
QuakerOats.com  
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NET WT 24 OZ (1 LB 8 OZ) 681 g



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.



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