LIFT TAB CAREFULLY TO OPEN

QUAKER life MULTIGRAIN CEREAL

original

Let's hang out at the Lake today!

We could meet up with friends, swim, tube and even have a picnic. Wanna go together?

-Mikey

MIKEY'S CREW

EAGLE EYE SPOTTER

cut out and collect

whoa! There's so much going on here! Can you help me spot the 9 differences in these photos?

congrats! you spotted all of the differences. you can cut out your Eagle Eye Badge

# LAKE DAY DETECTIVE

Answers: 1) pattern of beach ball, 2) missing shell, 3) boot instead of fish, 4) beach towel pattern, 5) butterfly, 6) frog grabbing a fly, 7) sand castle girl hair, 8) extra bird, 9) turtle to crab

PAPER BOX

Sheet 1 of 1

Instructions inside

32635623713

try our other delicious flavors

And other fun challenges

26g Whole Grains per serving

Good Source of Calcium

NO Artificial Flavors

NO Colors from Artificial Sources

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

TO CLOSE INSERT TAB

Best Before

610-L02-71

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

# GIANT SIZE 24.8 oz

QUAKER life MULTIGRAIN CEREAL

Heart Healthy

Excellent Source of 5 B Vitamins

NO Artificial Preservatives

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.

keep it original

Serving Suggestion

Enlarged Image

per 1 cup

160 CALORIES | 0g SAT FAT 0% DV | 170mg SODIUM 7% DV | 8g TOTAL SUGARS | CALCIUM 10% DV | IRON 20% DV

NET WT 24.8 OZ (1 LB 8 OZ) 704 g

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UPC/PURCHASE SEAL

0 30000 56237 6

ORIGINAL LIFE CEREAL - 24.8

QUAKER life MULTIGRAIN CEREAL

original

## Nutrition Facts

About 17 servings per container

Serving size 1 cup (42g)

| | Cereal alone | | with 2/3 cup of Vit. A & D fortified skim milk | |
|---|---|---|---|---|
| **Calories** | **160** | | **210** | |
| | | % DV* | | % DV* |
| **Total Fat** | 2g | 2% | 2g | 3% |
| Saturated Fat | 0g | 0% | 0g | 0% |
| Trans Fat | 0g | | 0g | |
| Polyunsat. Fat | 0.5g | | 0.5g | |
| Monounsat. Fat | 0.5g | | 0.5g | |
| **Cholesterol** | 0mg | 0% | <5mg | 1% |
| **Sodium** | 170mg | 7% | 240mg | 10% |
| **Total Carb.** | 33g | 12% | 41g | 15% |
| Dietary Fiber | 3g | 10% | 3g | 10% |
| Total Sugars | 8g | | 16g | |
| Incl. Added Sugars | 8g | 15% | 8g | 15% |
| **Protein** | 4g | | 10g | |
| Vitamin D | 0mcg | 0% | 2mcg | 8% |
| Calcium | 150mg | 10% | 350mg | 25% |
| Iron | 13.2mg | 70% | 13.3mg | 70% |
| Potassium | 120mg | 2% | 370mg | 6% |
| Thiamin | 0.36mg | 30% | 0.42mg | 35% |
| Riboflavin | 0.33mg | 25% | 0.65mg | 50% |
| Niacin | 4mg | 25% | 4.8mg | 30% |
| Vitamin $B_6$ | 0.43mg | 25% | 0.51mg | 30% |
| Folate DFE Folic Acid | 240mcg (135mcg) | 60% | 240mcg (135mcg) | 60% |
| Phosphorus | 130mg | 10% | 250mg | 20% |

* 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, corn flour, sugar, whole wheat flour, calcium carbonate, salt, baking soda, tocopherols (to preserve freshness), reduced iron, niacinamide*, annatto (color), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*.

*One of the B vitamins.

CONTAINS WHEAT INGREDIENTS.

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