



## QUAKER® OLD FASHIONED OATS – 42 oz.

Nutrition Facts		
Serving Size 1/2 cup dry (40 g)		
Servings Per Container see table		
Amount Per Serving		
	Cereal Alone	With one cup of Vit. A & D fortified skim milk
<b>Calories</b>	150	230
Calories from Fat	25	25
% Daily Value**		
<b>Total Fat 3g*</b>	<b>4%</b>	<b>5%</b>
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>	<b>4%</b>
<b>Potassium 150mg</b>	<b>4%</b>	<b>15%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>	<b>13%</b>
Dietary Fiber 4g	15%	15%
Soluble Fiber 2g		
Sugars 1g		
<b>Protein 5g</b>	<b>6%</b>	<b>22%</b>
Vitamin A	0%	8%
Vitamin C	0%	0%
Calcium	2%	30%
Iron	8%	8%
Vitamin D	0%	25%
Thiamin	10%	20%
Phosphorus	15%	40%
Magnesium	10%	20%

\*\*Amount in Cereal. One cup Vitamin A & D fortified skim milk contributes an additional 0.5 g Total Fat, less than 5 mg Cholesterol, 105 mg Sodium, 375 mg Potassium, 12 g Total Carbohydrate (12g Sugars), and 8 g Protein.

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: WHOLE GRAIN ROLLED OATS.

Case UPC	100-30000-43293-5
Package UPC	0-30000-43293-8
Case Pack	12/42 oz.
Kosher Status	Yes – Pareve
Grains – oz. eq.	1.25
Weight of Grain	40 g
Document Updated	1/17

104-1-L02 Label V. 18

I verify the above information is accurate as of 1/3/17.

*Julie Spicer*

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All products are accurately labeled with the most current information however, since the ingredients are subject to change, we recommend you check the label on the specific