



**QUAKER® OLD FASHIONED OATS - 47OZ.**

**Claims**

**WHOLE GRAIN**  
Meets USDA Whole Grain-Rich Criteria

**ALLERGENS**  
Not Containing Milk  
Not Containing Peanuts or Tree Nuts

**PRODUCT CLAIMS**  
Kosher  
No Artificial Flavors  
No Artificial Preservatives  
Non GMO Project Verified

**Ingredients**

WHOLE GRAIN ROLLED OATS.

**Product Specs**

CASE UPC: 100-30000-43293-5  
KOSHER STATUS: Yes – Pareve  
PACKAGE UPC: 0-30000-43293-8  
GRAIN OZ. EQ: 1.25  
CASE PACK: 12/42 oz.  
WEIGHT OF GRAIN: 40 g

**Nutritional Facts**

Servings Per Container: 30  
Serving Size: 1/2 cup dry (40g)  
Calories: 150

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	3g	4%
<b>Saturated Fat:</b>	.5g	3%
<b>Trans Fat:</b>	0g	
<b>Polyunsaturated Fat:</b>	1g	
<b>Monounsaturated Fat:</b>	1g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	0mg	0%
<b>Total Carbohydrate:</b>	27g	9%
<b>Dietary Fiber:</b>	4g	15%
<b>Soluble Fiber:</b>	2g	
<b>Total Sugars:</b>	1g	
<b>Protein:</b>	5g	
<b>Includes 0g Added Sugars:</b>	0g	0%
<b>Vitamin D:</b>	0mcg	0%
<b>Calcium:</b>	20mg	0%
<b>Iron:</b>	1.5mg	8%
<b>Potassium:</b>	130 mg	10%
<b>Thiamine:</b>	.2mg	10%
<b>Phosphorus:</b>	130mg	15%
<b>Magnesium:</b>	40mg	10%