



**Product Name:** Quaker® Old Fashioned Oats  
**Serving Size:** 1/2 cup dry (40 g)

**Product Code:** 43293  
**Date:** 01/01/2026

**Grains Based on Grams of Creditable Grains**

Does this product meet the Whole Grain-Rich Criteria:   
 Does this product contain non-creditable grains:

Description of Creditable Grain Ingredient	Exhibit A Group (A - I) the Product Belongs To	Grams of Creditable Grain Ingredient per Portion (A)	Gram Standard of Creditable Grain per oz Equivalent (B)	Creditable Amount (A / B)
Whole Grain Rolled Oats	Group H	40.00 g	28.00 g	1.4285 oz eq.
<b>Total Grains Based on Grams of Creditable Grains Creditable Amount:</b>				<b>1.25 oz eq.</b>

**Meal Pattern Contribution Statement**

I certify that the above information is true and correct and that a **1/2 cup dry (40 g)** ounce serving of the above product (ready for serving) provides **1.25** oz equivalent Grains when prepared according to directions.

I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

*Rachel Huber*

Signature

Rachel Huber, MPH, RDN

Printed Name

PepsiCo Foodservice Dietitian

Title

972-334-4789

Phone Number

**Quaker Old Fashioned Oats 42 Oz**

GTIN: 00030000432938 | UPC: 030000432938  
 NET CONTENT: 42 Ounce | PRODUCT ID:



A hearty hot bowl of Quaker Old Fashioned Oats goes great with everything ' try topping with fresh or dried fruits or crunchy nuts. Even better, the goodness doesn't stop with the taste; Quaker Oats is 100% whole grains which may help reduce the risk of heart disease.\*

<b>Brand Owner</b>	PepsiCo Inc. Brand Owner
<b>Brand Name</b>	Quaker
<b>Manufacturer</b>	Quaker Food and Beverage
<b>Volume</b>	.148 Cubic foot

**FEATURES & BENEFITS**

- Made with 100% whole grain oats
- Helps keep you full through the morning (serve with 8 ounces of skim milk)
- Sodium Free

**NUTRITIONAL CLAIMS**

- Good Source Of Fiber
- Heart Healthy - 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.
- Lasting Energy From 100% Whole Grains
- No Artificial Flavors
- No Preservatives

<b>Storage &amp; Handling Temperature</b>	
<b>Minimum:</b>	<b>Maximum:</b>
<b>Origin Region:</b>	<b>Country:</b> US

**INGREDIENTS:** WHOLE GRAIN ROLLED OATS.

### Nutrition Facts

About 30 servings per container  
**Serving size 1/2 cup dry (40g)**

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**Amount per serving**

**Calories 150**

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**% 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> 27g	<b>10%</b>
Dietary Fiber 4g	<b>13%</b>
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	

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Vitamin D 0mcg 0% • Calcium 20mg 0%

Iron 1.5mg 8% • Potassium 150mg 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.

Nutrition Facts	
Serving Size	100 grams
Calories	375.0
Total Fat (g)	7.5
Saturated Fat (g)	1.3
Trans Fat (g)	0.0
Cholesterol (mg)	0.0
Sodium (mg)	0.0
Total Carbohydrates (g)	67.5
Dietary Fiber (g)	10.0
Total Sugars (g)	2.5
Added Sugars (g)	0.0
Protein (g)	12.5
Vitamin D (mcg)	0.0
Calcium (mg)	50.0
Iron (mg)	3.8
Potassium (mg)	375.0

1 oz eq grain (OEG) = 1/2 cup cooked or 1 ounce (28 g) dry

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
20030000432932	Pallet	30	56 x 42 x 48 Inches		1056 Pound	6 x 5
10030000432935	Case	12	10.2 x 16 x 20.8 Inches	31.5 Pound	35.2 Pound	6 x 5
00030000432938	Each	1	9.69 x 5.13 x 5.13 Inches	42 Ounce	42 Ounce	



Product formulation, packaging and promotions may change. For current information, refer to packaging. Information may also differ from package labels because of the limited space on some packages.