

Product Name: Quaker® Quick Oats

Serving Size: 1/2 cup dry (40 g)

Product Code: 43285

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.
Total Grains Based on Grams of Creditable Grains Creditable Amount:				1.25 oz eq.

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.



Signature

Rachel Huber, MPH, RDN

Printed Name

PepsiCo Foodservice Dietitian

Title

972-334-4789

Phone Number

Quaker Whole Grain Oats Quick 1-Minute Oats 42 Oz

GTIN: 00030000432853 | UPC: 030000432853
NET CONTENT: 42 Ounce | PRODUCT ID:

Just because you don't have time for a relaxing breakfast doesn't mean you don't deserve the tasty benefits of Quaker Oats. Quick Quaker Oats give you all the wholesome goodness of Quaker in just one minute. Try topping Quick Quaker Oats with fresh or dried fruits, nuts or cinnamon and enjoy the healthy benefits of a satisfying breakfast.



FEATURES & BENEFITS

- Made with 100% natural wholegrain oats
- Sodium free
- Can be used as a healthful and tasty ingredient to many recipes

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

Nutrition Facts	
About 30 servings per container	
Serving size 1/2 cup dry (40g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
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.	

Brand Owner	PepsiCo Inc. Brand Owner
Brand Name	Quaker
Manufacturer	Quaker Food and Beverage
Volume	.148 Cubic foot

Storage & Handling Temperature	
Minimum:	Maximum:
Origin Region:	Country: US

INGREDIENTS: WHOLE GRAIN ROLLED OATS.

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
20030000432857	Pallet	30	56 x 44 x 50 Inches	945 Pound	1056 Pound	6 x 5
10030000432850	Case	12	10.2 x 16 x 20.8 Inches	31.5 Pound	35.2 Pound	6 x 5
00030000432853	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.