

QUAKER® INSTANT OATMEAL
MAPLE & BROWN SUGAR



Just think — the wholesome goodness of Quaker Oats packed with the rich tastes of maple and brown sugar Instant Oatmeal — in just 90 seconds! Savor the classic flavor of Quaker Instant Oatmeal Maple & Brown Sugar any time you want. Just because you've got a busy day doesn't mean you don't deserve all the goodness Quaker has to offer.

Helps reduce cholesterol*

Made from 100% whole grain Quaker Oats

Good source of calcium, iron and 8 other essential vitamins and minerals

*3g of soluble fiber daily from oatmeal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. This product provides 1 g per serving.

Serving Size 1 packet (43 g)
 Servings Per Container see table

Amount Per Serving	
Calories 160	Calories from Fat 20
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Potassium 160mg	5%
Total Carbohydrate 37g	11%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Sugars 12g	
Protein 4g	
Vitamin A	20%
Vitamin C	0%
Calcium	8%
Iron	10%
Thiamin	15%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folic Acid	20%
Phosphorus	10%
Magnesium	10%

*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 25g	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	35g

Ingredients

WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SALT, CALCIUM CARBONATE, GUAR GUM, CARAMEL COLOR, NIACINAMIDE*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMIN MONONITRATE*, FOLIC ACID*.

*ONE OF THE B VITAMINS

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