

Nutrition Facts

Serving Size 1/2 cup dry (40 g)
Servings Per Container about 13

Amount per serving

		With 1/2 cup of Cereal Alone	Vit A & D fortified skim milk
Calories	150	230	
Calories from Fat	25	25	
%Daily Value*			
Total Fat 3g*	4%	5%	
Saturated Fat 0.5g	3%	3%	
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 1g			
Cholesterol 0mg	0%	0%	
Sodium 0mg	0%	4%	
Potassium 150mg	4%	15%	
Total Carbohydrate 27g	9%	13%	
Dietary Fiber 4g	15%	15%	
Soluble Fiber 2g			
Sugars 1g			
Protein 5g	6%	22%	
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 0.5g Total Fat, less than 5 mg Cholesterol, 105 mg Sodium, 375 mg Potassium, 12g Total Carbohydrate (12g Sugars), and 8g 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients

100% WHOLE GRAIN QUAKER QUALITY ROLLED OATS.