



Quaker® Oatmeal

Choices to meet every lifestyle



NUTRIENT COMPARISON

Products	Attributes	For those looking to...	Flavors	Serving Size (Cereal Alone)	Nutrient Comparison							
					Calories	Carbohydrates	Protein	Total Fat	Total Fiber	Soluble Fiber	Whole Grain Servings	Exchanges
 <p>Quaker® Old Fashioned Oats Quaker Quick Oats</p>	Made with 100% natural whole-grain Quaker Oats	Help lower cholesterol* Cook and bake with a super whole grain		1/2 cup dry (40g)	150	27g	5g	3g	4g	2g	2	2 Starch, 1 Meat, 1 Fat
 <p>Quaker Instant Oatmeal</p>	Made with same 100% natural whole-grain Quaker Oats found in familiar tubes. Look for packages marked "Helps lower cholesterol."	Help lower cholesterol* Add whole grains Instant oatmeal is cut finer to cook faster	Classics Regular Cinnamon and Spice Raisins and Spice Family Favorites Apples and Cinnamon Maple and Brown Sugar Cinnamon Roll	1 Packet (28g) 1 Packet (46g) 1 Packet (43g) 1 Packet (35g) 1 Packet (43g) 1 Packet (43g)	100 170 150 130 160 160	19g 35g 33g 27g 33g 33g	4g 4g 3g 3g 4g 4g	2g 2g 2g 1.5g 2g 2g	3g 3g 3g 3g 3g 3g	1g 1g 1g 1g 1g 1g	1 1 1 1 1 1	1 Starch 2 Starch 2 Starch 2 Starch 2 Starch 2 Starch
 <p>Quaker Weight Control Instant Oatmeal</p>	Provides whole grains, fiber, protein for satiety	Add oatmeal to weight management plan Add whole grains*		1 Packet (45g) 1 Packet (45g)	160 160	29g 29g	7g 7g	3g 3g	6g 6g	4g 4g	2 2	2 Starch 1 Meat, 1 Fat
 <p>Quaker Take Heart® Instant Oatmeal</p>	Advanced nutrition for your heart Helps reduce cholesterol Antioxidants vitamins E and C B vitamins added to help support healthy arteries Low sodium plus potassium to help lower blood pressure	Help lower cholesterol* Help lower blood pressure** Add whole grains	Blueberry Golden Maple	1 Packet (45g) 1 Packet (45g)	160 160	33g 34g	4g 4g	2g 2g	6g 5g	4g 4g	1-1/2 1-1/2	2 Starch 2 Starch
 <p>Quaker Lower Sugar Instant Oatmeal</p>	50% less sugar	Reduce sugar Add whole grains	Maple and Brown Sugar Apples and Cinnamon Fruit and Cream Variety Pack • Peaches and Cream • Strawberries and Cream	1 Packet (34g) 1 Packet (31g) 1 Packet (35g) 1 Packet (35g)	120 110 130 130	24g 22g 25g 25g	4g 3g 4g 3g	2g 1.5g 3g 3g	3g 3g 3g 3g	1g 1g 1g 1g	1 1 1 1	1-1/2 Starch 1-1/2 Starch 2 Starch, 1 Fat 2 Starch, 1 Fat
 <p>Quaker Nutrition For Women Instant Oatmeal</p>	Fortified with 50% of women's recommended daily calcium needs Fortified with iron, folic acid, vitamins D, E, B6 and B12, and magnesium	Boost calcium and meet specific women's health needs Help lower cholesterol* Add whole grains	Golden Brown Sugar Vanilla Cinnamon	1 Packet (46g) 1 Packet (45g)	170 160	32g 32g	5g 5g	2g 2g	3g 3g	1g 1g	2 2	2 Starch, 1 Meat 2 Starch, 1 Meat
 <p>Quaker Oatmeal To Go</p>	Made with whole-grain Quaker Oats, each moist and chewy square contains all the nutrition of a bowl of instant oatmeal	Add whole grains while on the go	Brown Sugar Cinnamon Oatmeal Raisin Raspberry Streusel	1 bar (60g) 1 bar (60g) 1 bar (60g)	220 220 220	43g 43g 43g	4g 4g 4g	4g 4g 4g	5g 5g 5g	1g 1g 1g	1 1 1	3 Starch, 1 Fat 3 Starch, 1 Fat 3 Starch, 1 Fat
 <p>Quaker Steel-Cut Oats</p>	Made with 100% natural whole-grain Quaker Oats	Help lower cholesterol* Enjoy the hearty, nutty texture of steel cut oatmeal		1/4 cup (40g)	150	27g	5g	2.5g	4g	2g	1	2 Starch, 1 Meat, 1 Fat

ALL PRODUCTS ARE CHOLESTEROL FREE

Visit www.quakeroatmeal.com

*Three grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. **Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. See individual packages for amount of soluble fiber delivered per serving.