

Quaker Cereal

Life – Chocolate



9 g total sugar in 42 g dry cereal meets sugar limits.

Serving Size		1 Cup (42 g)	
	Cereal Alone	With 2/3 Cup Vit A & D Fortified Skim Milk	
Calories	160	210	
		% DV*	% DV*
Total Fat	2g	2%	2g 3%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Polyunsaturated Fat	0.5g		0.5g
Monounsaturated Fat	0.5g		0.5g
Cholesterol	0mg	0%	<5mg 1%
Sodium	170mg	7%	230mg 10%
Total Carb.	33g	12%	41g 15%
Dietary Fiber	3g	11%	3g 11%
Total Sugars	9g		17g
Incl. Added Sugars	9g	18%	9g 18%

The first ingredient is whole grain and the cereal is enriched/fortified.

Ingredients: Whole grain oat flour, sugar, corn flour, whole wheat flour, cocoa (processed with alkali), calcium carbonate, salt, baking soda, tocopherols (to preserve freshness), natural flavor, reduced iron, niacinamide*, thiamine mononitrate*, annatto (color), pyridoxine hydrochloride*, riboflavin*, folic acid*. *One of the B vitamins.

Enriched/Fortified

Quaker Cereal

Life - Original



8 g total sugars in 42 g dry cereal meets sugar limits.

Serving Size		1 Cup (42g)	
	Cereal Alone	With 2/3 Cup Vit A & D Fortified Skim Milk	
Calories	160	210	
	% DV*	% DV*	
Total Fat	2g 2%	2g 3%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0.5g	
Monounsaturated Fat	0.5g	0.5g	
Cholesterol	0mg 0%	<5mg 1%	
Sodium	170mg 7%	240mg 10%	
Total Carb.	33g 12%	41g 15%	
Dietary Fiber	3g 10%	3g 10%	
Total Sugars	8g	16g	
Incl. Added Sugars	8g 15%	8g 15%	

The first ingredient is whole grain and the cereal is enriched/fortified.

Ingredients: Whole grain oat flour, corn flour, sugar, whole wheat flour, calcium carbonate, salt, baking soda, tocopherols (to preserve freshness), reduced iron, niacinamide*, annatto (color), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*. *One of the B vitamins.

Enriched/Fortified

Quaker Cereal

Life – Vanilla



8 g total sugars in 42 g dry cereal meets sugar limits.

Serving Size		1 Cup (42g)	
	Cereal Alone	With 2/3 Cup Vit A & D Fortified Skim Milk	
Calories	160	210	
	% DV*	% DV*	
Total Fat	2g 2%	2g 3%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0.5g	
Monounsaturated Fat	0.5g	0.5g	
Cholesterol	0mg 0%	<5mg 1%	
Sodium	170mg 7%	230mg 10%	
Total Carb.	33g 12%	41g 15%	
Dietary Fiber	3g 10%	3g 10%	
Total Sugars	8g	16g	
Incl. Added Sugars	8g 16%	8g 16%	

The first ingredient is whole grain and the cereal is enriched/fortified.

Ingredients: Whole grain oat flour, corn flour, sugar, whole wheat flour, calcium carbonate, salt, natural and artificial flavor, baking soda, tocopherols (to preserve freshness), reduced iron, niacinamide*, annatto (color), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*. *One of the B vitamins. Enriched/Fortified