Quaker Cereal

Life - Chocolate



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

| | 1 | Cup (4 | 42 g) |
|-------|---|---|---|
| Cerea | Alone | With 2/3 Cup Vit A & D Fortified Skim Milk | |
| 16 | 60 | 2 | 10 |
| | % D V * | | % D V * |
| 2g | 2% | 2g | 3% |
| 0g | 0% | 0g | 0% |
| 0g | | 0g | |
| 0.5g | | 0.5g | |
| 0.5g | | 0.5g | |
| 0mg | 0% | <5mg | 1% |
| 170mg | 7% | 230mg | 10% |
| 33g | 12% | 41g | 15% |
| 3g | 11% | 3g | 11% |
| 9g | | 17g | |
| 9g | 18% | 9g | 18% |
| | 2g 0g 0g 0.5g 0.5g 0mg 170mg 33g 9g | Cereal Alone 160 % DV* 2g 2% 0g 0% 0g 0.5g 0.5g 170mg 7% 33g 12% 3g 11% | 160 2' V V 2g 2% 2g 0g 0% 0g 0,5g 0.5g 0.5g 0.5g 0.5g 0.5g 0.7g 0.7g 170mg 7% 230mg 33g 12% 41g 3g 11% 3g 9g 17g |

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.

Quaker Cereal

Life - Original



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

| | | 1 Cup | (42g) |
|----------|---|---|---|
| Cereal A | lone | With 2/3 Ci & D Fortifie | |
| 16 | 0 | 2 | <u> 10</u> |
| 9 | 6 DV° | | % DV* |
| 2g | 2% | 2g | 3% |
| 0g | 0% | 0g | 0% |
| 0g | | 0g | |
| 0.5g | | 0.5g | |
| 0.5g | | 0.5g | |
| 0mg | 0% | <5mg | 1% |
| 170mg | 7% | 240mg | 10% |
| 33g ' | 12% | 41g | 15% |
| 3g ' | 10% | 3g | 10% |
| 8g | | 16g | |
| 8g ' | 15% | 8g | 15% |
| | 2g 0g 0g 0.5g 0.5g 0mg 170mg 33g 3g | 0g 0% 0g 0.5g 0.5g 0% 170mg 0% 33g 12% 8g | Cereal Alone With 2/3 Cr & D Fortifie 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 |

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.

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 | 16 | 60 | 2 | <u> 10</u> | |
| | | % D V * | | % 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