

Quaker Cereal

Oatmeal Squares – Brown Sugar



9 g total sugars in 56 g dry cereal meets sugar limits.

Serving Size		1 Cup (56g)	
	Cereal Alone	With 1/2 Cup Vit A & D Fortified Skim Milk	
Calories	210	250	
		% DV*	% DV*
Total Fat	3g	4%	3g 4%
Saturated Fat	0.5g	3%	0.5g 3%
Trans Fat	0g		0g
Polyunsaturated Fat	1g		1g
Monounsaturated Fat	1g		1g
Cholesterol	0mg	0%	<5mg 1%
Sodium	190mg	8%	240mg 11%
Total Carb.	44g	16%	50g 18%
Dietary Fiber	5g	17%	5g 17%
Soluble Fiber	2g		2g
Total Sugars	9g		15g
Incl. Added Sugars	9g	18%	9g 18%



Product has a whole grain health claim, so it is whole grain-rich.

Ingredients: Whole grain oat flour, whole wheat flour, brown sugar, sugar, maltodextrin, malted barley extract, natural flavor, salt, baking soda, tocopherols (to preserve freshness).vitamins & minerals: reduced iron, folic acid.

Quaker Cereal

Oatmeal Squares – Cinnamon



9 g total sugars in 56 g dry cereal meets sugar limits.

Serving Size		1 Cup (56g)	
	Cereal Alone	With 1/2 Cup Vit A & D Fortified Skim Milk	
Calories	210	250	
		% DV*	% DV*
Total Fat	3g	4%	3g 4%
Saturated Fat	0.5g	2%	0.5g 3%
Trans Fat	0g		0g
Polyunsaturated Fat	1g		1g
Monounsaturated Fat	1g		1g
Cholesterol	0mg	0%	<5mg 1%
Sodium	190mg	8%	240mg 10%
Total Carb.	44g	16%	50g 18%
Dietary Fiber	5g	17%	5g 17%
Soluble Fiber	2g		2g
Total Sugars	9g		16g
Incl. Added Sugars	9g	17%	9g 17%



Product has a whole grain health claim, so it is whole grain-rich.

Ingredients: [Whole grain oat flour](#), [whole wheat flour](#), [brown sugar](#), [sugar](#), [maltodextrin](#), [malted barley extract](#), [cinnamon](#), [molasses](#), [salt](#), [baking soda](#), [natural flavor](#), tocopherols (to preserve freshness).vitamins & minerals: reduced iron, folic acid.

Quaker Cereal

Oatmeal Squares – Honey Nut



10 g total sugars in 56 g meets sugar limits

Serving Size		1 Cup (56g)	
	Cereal Alone	With 1/2 Cup Vit A & D Fortified Skim Milk	
Calories	210	250	
	% DV*		% DV*
Total Fat	2.5g	4%	3g 4%
Saturated Fat	0.5g	2%	0.5g 3%
Trans Fat	0g		0g
Polyunsaturated Fat	1g		1g
Monounsaturated Fat	1g		1g
Cholesterol	0mg	0%	<5mg 1%
Sodium	190mg	8%	240mg 10%
Total Carb.	44g	16%	50g 18%
Dietary Fiber	5g	16%	5g 17%
Soluble Fiber	2g		2g
Total Sugars	10g		16g
Incl. Added Sugars	9g	17%	9g 17%

Product has a whole grain health claim, so it is whole grain-rich.

Ingredients: [Whole grain oat flour](#), [whole wheat flour](#), [brown sugar](#), [sugar](#), [maltodextrin](#), [malted barley extract](#), [natural flavor](#), [molasses](#), [salt](#), [baking soda](#), tocopherols (to preserve freshness).
Vitamins & minerals: reduced iron, folic acid.