



## QUAKER® CHEWY GRANOLA BARS VARIETY PACK (31188)

Case UPC

100-30000-31188-9

Package UPC 0-30000-31188-4

1/14

Case Pack

12/8 ct. Variety Pack boxes- 6.72 oz:

- 2 Chocolate Chip Chewy Granola Bars
- 2 Oatmeal Raisin Chewy Granola Bars
- 2 Peanut Butter Chocolate Chip Chewy Granola Bars
- 2 S'mores Chewy Granola Bars

Document Updated

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.





### QUAKER® CHEWY GRANOLA BAR CHOCOLATE CHIP - .84 oz. (24g)

Nutr	itior	· Fa	rte
			013
Serving S	ize i Bar (	_24 g)	
Amount Per	5		
Calories	100 Ca	alories fro	om Fat 30
		%	Daily Value*
Total Fat	3g		5%
Saturate	d Fat 1.5g	1	7%
Trans Fa	at Og		
Polyuns	aturated F	at 1g	
Monoun	saturated	Fat 1g	
Choleste	ol 0mg		0%
Sodium 7	'0mg		3%
Total Car	bohydrate	<b>e</b> 17g	6%
Dietary I	-iber 1g		4%
Sugars 7	7g		
Sugar A	lcohol 1g		
Protein 1	g		
Calaium			00/
Calcium			8%
Iron		01	2%
	ly Values are Your daily v nding on your	based on a alues may b calorie nee	2,000 e higher or ds:
Total Fat	Calories: Less than	2,000 65q	2,500 80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium Total Carboh	Less than	2,400mg 300g	2,400mg 375g
Dietary Fibe		300g 25g	375g 30g

INGREDIENTS: GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTED BARLEY EXTRACT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, DRIED COCONUT, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRY MILK), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), CORN SYRUP, BROWN CRISP RICE (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), INVERT SUGAR, SUGAR, CORN SYRUP SOLIDS, GLYCERIN, SOYBEAN OIL. CONTAINS 2% OR LESS OF SORBITOL, CALCIUM CARBONATE, SALT, WATER, SOY LECITHIN, MOLASSES, NATURAL AND ARTIFICIAL FLAVOR, BHT (PRESERVATIVE), CITRIC ACID.

# CONTAINS WHEAT, COCONUT, SOY AND MILK INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.

Case UPC	100-30000-31182-7
Package UPC	0-30000-31182-0
Case Pack	12/6.72 oz. boxes
Kosher Status	Yes- Dairy
Weight of Grain	8 g
Grain – oz. eq.	.5 oz. eq.
Document Updated	1/14

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### **QUAKER® CHEWY GRANOLA BAR - LOW FAT S'MORES** .84 oz. (24 g.)

Nutriti	or	ו Fa	cts
Serving Size 1			
Amount Per Servin	g		
Calories 90	Ca	alories fro	om Fat 20
		%	Daily Value*
Total Fat 2g			3%
Saturated Fat	t 0.5g	1	2%
Trans Fat 0g			
Polyunsatura	ted F	at 0.5 g	
Monounsatur	ated	Fat 0.5 g	
Cholesterol Or	ng		0%
Sodium 75mg			3%
Total Carbohy	drate	<b>ə</b> 19g	6%
Dietary Fiber	1 g		3%
Sugars 8g			
Sugar Alcoho	l 1g		
Other Carboh	nydra	te 9g	
Protein 1g			
Calcium			00/
			8%
Iron Not a significant sou	irce of	Cholesterol	2% Vitamin A
Vitamin C.			
<ul> <li>* Percent Daily Valu calorie diet. Your</li> </ul>			
lower depending c	n your	calorie nee	ds:
Calo Total Fat Less	ries: than	2,000 65g	2,500 80g
	than	659 20q	80g 25g
	than	209 300mg	209 300mg
	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

I verify the above information is accurate as of 1/9/14.

Jemson, MS, RD

Bonnie Johnson, MS RD **Quaher Nurtrition Science** 

847-304-2165

The Quaker Oats Company 555 W. Monroe St. Chicago, IL 60661-3605

INGREDIENTS: GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTED BARLEY EXTRACT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRYMILK), CORN SYRUP, BROWN RICE CRISP (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), SEMISWEET CHOCOLATE CHIPS(SUGAR, CHOCOLATE LIQUÓR, COCOA BUTTER, SOY LECITHIN, VANILLAEXTRACT), SUGAR, DEHYDRATED MARSHMALLOWS (SUGAR, CORN SYRUP, MODIFIED FOOD STARCH, GELATIN, NATURAL AND ARTIFICIALFLAVOR, SODIUM HEXAMETAPHOSPHATE, BLUE 1), CORN SYRUP SOLIDS, INVERT SUGAR, GLYCERIN, GRAHAM COOKIE PIECES (SUGAR, WHEATFLOUR, CANOLA OIL, HONEY, SODIUM BICARBONATE, SALT, SOYLECITHIN, NATURAL FLAVOR). CONTAINS 2% OR LESS OF SOYBEAN OIL, SORBITOL, CALCIUM CARBONATE, SALT, WATER, MOLASSES, SOYLECITHIN, NATURAL AND ARTIFICIAL FLAVOR, CREAMED COCONUT, BHT

#### CONTAINS WHEAT, SOY, MILK AND COCONUT INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.

(PRESERVATIVE), CITRIC ACID.

Case UPC	100-30000-31181-0
Package UPC	0-30000-31181-3
Case Pack	12 / 6.72 oz. boxes
Kosher	No
AHG Compliant	Yes – E, M, H
USDA Competitive Foods Compliant	Yes (Whole grain first ingredient)
Grain- oz. eq.	.5 oz. eq.
Weight of Grain	8.0 g
Document Created	1/14

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### QUAKER® CHEWY 90 CALORIE GRANOLA BARS – PEANUT BUTTER .84 OZ. (24 g.)

	om Fat 20 Daily Value* 3% 0% 0% 5% 6%
t 0.5 g at 0.5 g	Daily Value* 3% 0% 9 0% 5%
% t 0.5 g at 0.5 g	Daily Value* 3% 0% 9 0% 5%
% t 0.5 g at 0.5 g	Daily Value* 3% 0% 9 0% 5%
t 0.5 g at 0.5 g	3% 0% 0 0% 5%
at 0.5 g	0%
at 0.5 g	0% 0% 5%
at 0.5 g	0% 5%
at 0.5 g	0% 5%
at 0.5 g	0% 5%
18g	5%
18g	
18g	6%
	4%
9g	
	10%
ased on a ues may b alorie nee	2% I, Vitamin A, a 2,000 be higher or eds:
	2,500 80g
20g	25g
	300mg
	2,400mg
guug	375g 30g
	ased on a

I verify the above information is accurate as of 1/6/14.



Bonnie Johnson, MS, RD Quaker Nutrition Science

847-304-2185

The Quaker Oats Company 555 W. Monroe St. Chicago, IL 60661-3605 INGREDIENTS: GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTED BARLEY EXTRACT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRY MILK), BROWN RICE CRISP (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), CORN SYRUP, INVERT SUGAR, PEANUT BUTTER SPREAD (PEANUTS, SUGAR, PALM OIL, SALT), SUGAR, GLYCERIN, CORN SYRUP SOLIDS.CONTAINS 2% OR LESS OF SORBITOL, CALCIUM CARBONATE, SALT, NATURAL AND ARTIFICIAL FLAVOR, BHT (PRESERVATIVE), WATER, CITRIC ACID.

CONTAINS WHEAT, PEANUT, SOY AND MILK INGREDIENTS.

MAY CONTAIN TRACES OF TREE NUTS.

Case UPC	100-30000-31185-8
Package UPC	0-30000-31185-1
Case Pack	12 / 6.72 oz. boxes
Kosher	Yes – Dairy
AHG Compliant	Yes – E, M, H
USDA Competitive Food compliant	Yes (Whole Grain first ingredient)
Grain- oz. eq.	.5 oz. eq.
Weight of Grain	10 g
Document Updated	1/14
Formula	946 v.10

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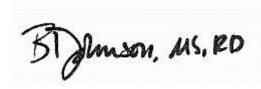
### QUAKER® CHEWY GRANOLA BAR – 90 CALORIE OATMEAL RAISIN .84 oz. (24 g)

### **Nutrition Facts**

Serving Size 1 Bar (24 g)

Amount Per Serving			
Calories 9	0 C	alories fro	om Fat 15
		%	Daily Value*
Total Fat 1	l.5g		3%
Saturated	d Fat 0g		0%
Trans Fa	t Og		
Polyunsa	turated	Fat 1g	
Cholester	ol 0mg		0%
Sodium 80	)mg		3%
Total Carb	ohydra	<b>te</b> 19g	6%
Dietary F	iber <1g		4%
Sugars 7	g		
Sugar Ale	cohol 1g		
Protein 1g			
Qalaisuu			00/
Calcium			8%
Iron			2%
Not a significant source of Cholesterol, Vitamin A, Vitamin C. * 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 Sat. Fat Cholesterol Sodium Total Carbohy Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

I verify the above information is accurate as of 1/9/14.



Bonnie Johnson, MS, RD Quaker Nutrition Science

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**\*ONE OF THE B VITAMINS** 

#### CONTAINS WHEAT, SOY, MILK AND COCONUT INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.

Case UPC	100-30000-31180-3
Package UPC	0-300000-31180-6
Case Pack	12 /6.72 oz. boxes
Kosher Status	Yes- Dairy
AHG Compliant	Yes- E, M, H
USDA Competitive Food Compliant	Yes (Whole grain first ingredient)
Grain – oz. eq.	.5 oz. eq.
Weight of Grain	8 g
Document Updated	1/14

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