



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

Case UPC 100-30000-31188-9

Package UPC 0-30000-31188-4

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 1/14

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 90 CALORIE GRANOLA BARS – PEANUT BUTTER .84 OZ. (24 g.)

<b>Nutrition Facts</b>	
Serving Size 1 Bar (24 g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 0.5 g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 7g	
Sugar Alcohol 1g	
Other Carbohydrate 9g	
<b>Protein 2g</b>	
Calcium	10%
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	Less than 65g    80g
Sat. Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

**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

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

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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 90**      **Calories from Fat 15**

% Daily Value\*

<b>Total Fat</b> 1.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber <1g	<b>4%</b>
Sugars 7g	
Sugar Alcohol 1g	

**Protein** 1g

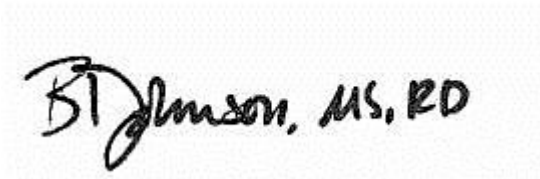
Calcium	8%
Iron	2%

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	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less 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.



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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), CORN SYRUP, BROWN RICE CRISP (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), RAISINS, OATMEAL COOKIE PIECES (SUGAR, ENRICHED FLOUR [WHEAT FLOUR, NIACIN\*, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN\*, FOLIC ACID\*], OATS, SOYBEAN AND/OR PALM OILS, WHOLE WHEAT FLOUR, CINNAMON, SALT, SODIUM BICARBONATE), SUGAR, CORN SYRUP SOLIDS, GLYCERIN, INVERT SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF SORBITOL, CALCIUM CARBONATE, FRUCTOSE, SALT, MOLASSES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, CINNAMON, COCONUT PASTE, BHT (PRESERVATIVE), WATER, CITRIC ACID.

\*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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