



**QUAKER® REAL MEDLEYS APPLE WALNUT – 2.64 oz.**

<b>Nutrition Facts</b>	
Serving Size 1 Package (75g)	
Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 53g	<b>18%</b>
Dietary Fiber 5g	<b>21%</b>
Sugars 22g	
<b>Protein</b> 6g	
Vitamin A	0%
Vitamin C	8%
Calcium	4%
Iron	10%
* 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
Potassium	3,500mg    3,500mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

INGREDIENTS: WHOLE GRAIN ROLLED OATS, MULTIGRAIN BLEND (WHOLE GRAIN ROLLED OATS, ROLLED BARLEY, WHOLE GRAIN ROLLED RYE), DRIED SWEETENED APPLES (APPLES, SUGAR), DRIED SWEETENED CRANBERRIES (CRANBERRIES, SUGAR), WALNUTS COATED WITH ROSEMARY EXTRACT, BROWN SUGAR, DEHYDRATED APPLES (APPLES, SUGAR, FRUCTOSE, CINNAMON, MALIC ACID, SODIUM SULFITE FOR COLOR RETENTION), WHOLE GRAIN ROLLED WHEAT, SALT, CINNAMON, NATURAL FLAVOR.

**CONTAINS WHEAT AND WALNUT INGREDIENTS**

Case UPC	100-30000-31550-4
Package UPC	0-30000-31550-7
Case Pack	12-2.64 oz. containers
Kosher Status	Yes – Kosher Pareve
AHG Compliant:	No
Healthier US School Compliant for Competitive Foods - Bronze, Silver, Gold Award Levels	No
Healthier US School Compliant For Competitive Foods - Gold Award of Distinction	No
Grain – oz. eq. (16 g/serving)	1 oz. eq.
Document Updated	3/13

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.