



QUAKER® OATMEAL- TO- GO - OATMEAL RAISIN – 1.41 oz.

Nutrition Facts

Serving Size 1 Bar (40g)
Servings Per Container 125

Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat .5g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 95mg	3%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Sugars 14g	
Sugar Alcohol 1g	
Protein 2g	
Vitamin A	15%
Vitamin C	0%
Calcium	15%
Iron	15%
Vitamin E	10%
Thiamin	10%
Riboflavin	15%
Niacin	15%
Vitamin B6	15%
Folic Acid	15%

* 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, HIGH FRUCTOSE CORN SYRUP, OAT FLOUR, BROWN SUGAR, RAISINS, SUGAR, RICE FLOUR, MARGARINE (PARTIALLY HYDROGENATED SOYBEAN OIL**, SOYBEAN OIL, WATER, PARTIALLY HYDROGENATED COTTONSEED OIL**, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, CALCIUM DISODIUM EDTA [A PRESERVATIVE], ANNATTO COLOR, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE), POLYDEXTROSE, GLYCERIN, MODIFIED FOOD STARCH, CORN SYRUP, CALCIUM CARBONATE, MALTED BARLEY EXTRACT, NATURAL AND ARTIFICIAL FLAVOR, SALT, SORBITOL, CINNAMON, SODIUM BICARBONATE, MALTED BARLEY FLOUR, CORN FLOUR, SODIUM ALGINATE, MALIC ACID, TOCOPHEROLS, TRICALCIUM PHOSPHATE, SPICE, NIACINAMIDE*, REDUCED IRON, POTASSIUM SORBATE (PRESERVATIVE), TRISODIUM PHOSPHATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMIN MONONITRATE*, BHT (PRESERVATIVE), FOLIC ACID*.

*ONE OF THE B VITAMINS **ADDS A DIETARILY INSIGNIFICANT AMOUNT OF TRANS FAT.

**CONTAINS SOY INGREDIENTS.
MAY CONTAIN TRACES OF PEANUT AND TREE NUTS.**

Case UPC	100-30000-43950-7
Package UPC	0-30000-43950-0
Case Pack	125/ 1.41 oz. bars
Kosher Status	Kosher Dairy
USDA Smart Snack Compliant	Yes
Grain – oz. eq.	.75 oz. eq.
Weight of Grain	15.0 g
Document Updated	1/15

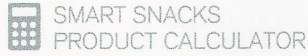
I verify the above information is accurate as of 1/12/15.

Julie Herzau, DTR

Julie Herzau
Quaker R+D Nutrition Associate Scientist
847-304-2185

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

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.



**Smart Snacks
Product Calculator
Results**

Brand:
Quaker

Product Name:
**Oatmeal To Go - Oatmeal Raisin
(43950)**

Serving Size:
40.00 g

First Ingredient:
Whole Grain Rolled Oats

• Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 40.00 g ⓘ

Amount Per Serving

Calories 140 Calories from Fat 25

Total Fat (g) 2.5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 150

Carbohydrates

Sugars (g) 14

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:

