

**Nutrition Facts**

Serving size 1 Packet (35 g)

Amount per serving

<b>Calories</b>	130	Calories from Fat 20
		<b>%Daily Value*</b>
<b>Total Fat</b> 2g		3%
Saturated Fat 0.5g		2%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 180mg		8%
<b>Potassium</b> 100mg		3%
<b>Total Carbohydrate</b> 27g		9%
Dietary Fiber 2g		9%
Soluble Fiber 1g		
Sugars 12g		
<b>Protein</b> 3g		
Vitamin A		20%
Vitamin C		0%
Calcium		10%
Iron		20%
Thiamin		20%
Riboflavin		20%
Niacin		20%
Vitamin B6		20%
Folic Acid		20%
Phosphorus		10%
Magnesium		6%

\*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**

WHOLE GRAIN ROLLED OATS, SUGAR, FLAVORED FRUIT PIECES (DEHYDRATED APPLES [TREATED WITH SODIUM SULFITE TO PROMOTE COLOR RETENTION], ARTIFICIAL STRAWBERRY FLAVOR, CITRIC ACID, RED 40), CREAMING AGENT (MALTODEXTRIN, PARTIALLY HYDROGENATED SOYBEAN OIL\*\*, WHEY, SODIUM CASEINATE), SALT, CALCIUM CARBONATE, GUAR GUM, OAT FLOUR, ARTIFICIAL FLAVOR, CITRIC ACID, NIACINAMIDE\*, VITAMIN A PALMITATE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE\*, RIBOFLAVIN\*, THIAMIN MONONITRATE\*, FOLIC ACID\*.

\*ONE OF THE B VITAMINS

\*\*ADDS A DIETARILY INSIGNIFICANT AMOUNT OF TRANS FAT

**CONTAINS MILK INGREDIENTS.**



Life Cereal - Original



Quaker Chewy Granola Bars Variety Pack



Quaker Granola Bites - Chocolate Flavor



Quaker Chewy 90 Calorie Granola Bars - Strawberry Vanilla

Apple Berry Breakfast Crisp

Teach Your Children Healthy