



**Product Name:** Quaker® Quick Oats  
**Serving Size:** 1/2 cup dry (40 g)

**Product Code:** 43285  
**Date:** 01/01/2025

**Grains Based on Grams of Creditable Grains**

Does this product meet the Whole Grain-Rich Criteria:   
 Does this product contain non-creditable grains:

| Description of Creditable Grain Ingredient                                 | Exhibit A Group (A - I) the Product Belongs To | Grams of Creditable Grain Ingredient per Portion (A) | Gram Standard of Creditable Grain per oz Equivalent (B) | Creditable Amount (A / B) |
|--|--|--|---|---------------------------|
| Whole Grain Rolled Oats  | Group H  | 40.00 g  | 28.00 g   | 1.4285 oz eq.             |
| <b>Total Grains Based on Grams of Creditable Grains Creditable Amount:</b> |  |  |   | <b>1.25 oz eq.</b>        |

**Meal Pattern Contribution Statement**

I certify that the above information is true and correct and that a **1/2 cup dry (40 g)** ounce serving of the above product (ready for serving) provides **1.25** oz equivalent Grains when prepared according to directions.

I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

*Rachel Huber*

Signature

Rachel Huber, MPH, RDN

Printed Name

PepsiCo Foodservice Dietitian

Title

972-334-4789

Phone Number

# Quaker Whole Grain Oats Quick 1-Minute Oats 42 Oz

GTIN: 00030000432853 | UPC: 030000432853  
 NET CONTENT: 42 Ounce | PRODUCT ID:



Just because you don't have time for a relaxing breakfast doesn't mean you don't deserve the tasty benefits of Quaker Oats. Quick Quaker Oats give you all the wholesome goodness of Quaker in just one minute. Try topping Quick Quaker Oats with fresh or dried fruits, nuts or cinnamon and enjoy the healthy benefits of a satisfying breakfast.

### FEATURES & BENEFITS

- Made with 100% natural wholegrain oats
- Sodium free
- Can be used as a healthful and tasty ingredient to many recipes

### NUTRITIONAL CLAIMS

- Good Source Of Fiber
- Heart Healthy - Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.
- Lasting Energy From 100% Whole Grains
- No Artificial Flavors
- No Preservatives

|   |                             |
|---|-----------------------------|
| <b>Brand Owner</b>                        | PepsiCo Inc. Brand Owner    |
| <b>Brand Name</b>                         | Quaker                      |
| <b>Manufacturer</b>                       | Quaker Food and Beverage    |
| <b>Volume</b>                             | .148 Cubic foot             |
| <b>Minimum Life Span (days)</b>           |                             |
| <b>From Arrival:</b>                      | <b>From Production:</b> 540 |
| <b>Storage &amp; Handling Temperature</b> |                             |
| <b>Minimum:</b>                           | <b>Maximum:</b>             |
| <b>Origin</b>                             |                             |
| <b>Region:</b>                            | <b>Country:</b> US          |

**INGREDIENTS:** WHOLE GRAIN ROLLED OATS.

| <b>Nutrition Facts</b>          |                    |
|---------------------------------|--------------------|
| About 30 servings per container |                    |
| <b>Serving Size</b>             | 1/2 cup dry (40 g) |
| Amount Per Serving              |                    |
| <b>Calories</b>                 | <b>150</b>         |
| % Daily Value*                  |                    |
| <b>Total Fat</b> 3g             | 4%                 |
| Saturated Fat 0.5g              | 3%                 |
| Trans Fat 0g                    |                    |
| <b>Cholesterol</b> 0mg          | 0%                 |
| <b>Sodium</b> 0mg               | 0%                 |
| <b>Total Carbohydrates</b> 27g  | 10%                |
| Dietary Fiber 4g                | 13%                |
| Total Sugars 1g                 |                    |
| Includes 0g Added Sugars        | 0%                 |
| <b>Protein</b> 5g               |                    |
| Vitamin D 0mcg 0%               | Calcium 20mg 0%    |
| Iron 1.5mg 8%                   | Potassium 150mg 2% |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

| GTIN           | Level  | Qty of Next Level Item(s) | H x W x D                 | Weight     |            | Ti x Hi |
|----------------|--------|---------------------------|---------------------------|------------|------------|---------|
|                |        |                           |                           | Net        | Gross      |         |
| 20030000432857 | Pallet | 30                        | 56 x 44 x 50 Inches       | 945 Pound  | 1056 Pound | 6 x 5   |
| 10030000432850 | Case   | 12                        | 10.2 x 16 x 20.8 Inches   | 31.5 Pound | 35.2 Pound | 6 x 5   |
| 00030000432853 | Each   | 1                         | 9.69 x 5.13 x 5.13 Inches | 42 Ounce   | 42 Ounce   |         |



10030000432850

Product formulation, packaging and promotions may change. For current information, refer to packaging. Information may also differ from package labels because of the limited space on some packages.