

QUAKER® LIFE – 40 oz.

Nutrition Facts

Serving Size $\frac{3}{4}$ Cup (32 g)

Servings Per Container 1

Amount Per Serving

	Cereal Alone	With 1/2 cup of Vit. A & D fortified skim milk
Calories	120	160
Calories from Fat	15	15

% Daily Value**

Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	2%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 160mg	7%	9%
Potassium 90mg	3%	8%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 2g	8%	8%
Soluble Fiber 1g		
Sugars 6g		
Other Carbohydrate 17g		

Protein 3g

Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	10%	25%
Iron	50%	50%
Thiamin	60%	60%
Riboflavin	40%	50%
Niacin	25%	25%
Vitamin B6	25%	30%
Folic Acid	100%	100%
Phosphorus	10%	25%
Zinc	25%	30%

*Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 6g Total Carbohydrate (6g Sugars), and 4g Protein.

** 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 OAT FLOUR, SUGAR, CORN FLOUR, WHOLE WHEAT FLOUR, RICE FLOUR, SALT, CALCIUM CARBONATE, DISODIUM PHOSPHATE, REDUCED IRON, NIACINAMIDE*, ZINC OXIDE, BHT (A PRESERVATIVE), YELLOW 5, YELLOW 6, THIAMIN MONONITRATE*, RIBOFLAVIN*, PYRIDOXINE HYDROCHLORIDE *, FOLIC ACID*.

*ONE OF THE B VITAMINS

CONTAINS WHEAT INGREDIENTS.

Case Pack	100-30000-43141-9
Package UPC	0-30000-43141-2
Case Pack	4/40 oz.
Kosher Status	Yes – Pareve
USDA Competitive Food Compliant	Yes
Grain – oz. eq. (Group H)	1 oz. eq.
Document Updated	5/15

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.