

# 202641 - QUAKER OATMEAL OLDFASHION REGULAR 42Z/12



QUAKER Old Fashioned Oats is the correct variety to use if you are using the product in recipes or if you are holding on the stove top during your breakfast service. If you are preparing individual servings, use QUAKER Quick Oats. If you are including your Oatmeal on a steamtable, use QUAKER Steamtable Oats. Package is not labeled for consumer sale.



## MARKETING

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## PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10030000432935	202641	10030000432935	12 x 42 OZ

Brand	Brand Owner	GPC Description
Quaker	PepsiCo Inc. Brand Owner	Grains/Cereal - Not Ready to Eat - (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
35.2 LBR	31.5 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
20.8 INH	16 INH	10.2 INH	1.964 FTQ	6x5	540 Days	35 FAH / 85 FAH

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - NI
- Eggs - NI
- Soy - NI
- Wheat - NI
- Sesame - NI
- Peanuts - NI
- Tree Nuts - NI
- Fish - NI
- Shellfish - NI

## HANDLING SUGGESTIONS

All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.

## MORE INFORMATION

## SERVING SUGGESTIONS

## PREPARATION & COOKING SUGGESTIONS

# Nutrition Facts

30 Servings per container

**Serving Size** 1/2 cup dry (40 g)

**Amount Per Serving**  
**Calories** **150**

	% Daily Value*
<b>Total Fat</b> 3	<b>4%</b>
Saturated Fat 0.5 g	<b>3%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrates</b> 27 g	<b>10%</b>
Dietary Fiber 4 g	<b>13%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 5 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	0%
Iron 1.5 mg	8%
Potassium 150 mg	2%

\* The % Daily Values (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.

## INGREDIENTS

WHOLE GRAIN ROLLED OATS.

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NUTRITIONAL ANALYSIS



Calories	150
Protein	5 g
Total Carbohydrates	27 g
Sugars	1 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	40 mg
Monosodium	

Total Fat	3
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	20 mg
Iron	1.5 mg
Potassium	150 mg
Zinc	
Phosphorus	130 mg
Thiamin	0.2 mg
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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