

202263 - Quaker Life Multigrain Cereal Regular 10 Oz 4 Ct

QUAKER LIFE Cereal in a convenient bulk pack; the right size if you are featuring LIFE Cereal from a dispenser on your breakfast bar, include on your menu or are using LIFE Cereal as an ingredient. Sold in 40 OZ packages. The packages are not labeled for retail sale.



**MARKETING**

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## Nutrition Facts

17 Servings per container

**Serving Size** With 2/3 Cup Vitamin A&D Fortified Skim Milk

Amount Per Serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 2	<b>3%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 5 mg	<b>1%</b>
<b>Sodium</b> 270 mg	<b>12%</b>
<b>Total Carbohydrates</b> 41 g	<b>15%</b>
Dietary Fiber 3 g	<b>10%</b>
Total Sugars 16 g	
Includes 8 g Added Sugars	<b>16%</b>
<b>Protein</b> 10 g	
Vitamin D 2 mcg	8%
Calcium 350 mg	25%
Iron 13.3 mg	70%
Potassium 370 mg	6%

\* 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.

PRODUCT SPECIFICATIONS

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Code		Dist Prod Code		GTIN		Calculated Pack	
10030000431419		202263		10030000431419		4 x 40 OZ	
Brand	Brand Owner			GPC Description			
Quaker	PepsiCo Inc. Brand Owner			Cereals Products - Ready to Eat (Shelf Stable)			
Gross Weight		Net Weight	Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition
11.29 LBR		10 LBR	No		United States	Undeclared	No
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
16 INH	12 INH	12.19 INH	1.354 FTQ	10x4	360 Days	35 FAH / 85 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors		
N/A		N/A	N/A		N/A		

HANDLING SUGGESTIONS

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

- 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

Soybean - NI

Wheat - C

Sesame - NI
- Peanuts - NI

Tree - NI

Fish - NI

Shellfish - NI

Cereals - C

INGREDIENTS

Whole Grain Oat Flour, Corn Flour, Sugar, Whole Wheat Flour, Calcium Carbonate, Salt, Disodium Phosphate, Baking Soda, Tocopherols (To Preserve Freshness), Reduced Iron, Niacinamide\*, Annatto (Color), Thiamine Mononitrate\*, Pyridoxine Hydrochloride\*, Riboflavin\*, Folic Acid\*.\*One Of The B Vitamins. Contains Wheat Ingredients.

Quaker

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PREPARATION & COOKING SUGGESTIONS

SERVING SUGGESTIONS

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	210	Total Fat	2	Sodium	270 mg
Protein	10 g	Trans Fat	0 g	Calcium	350 mg
Total Carbohydrates	41 g	Saturated Fat	0 g	Iron	13.3 mg
Sugars	16 g	Added Sugars	8 g	Potassium	370 mg
Dietary Fiber	3 g	Polyunsaturated Fat	0.5 g	Zinc	
Lactose		Monounsaturated Fat	0.5 g	Phosphorus	250 mg
Sucrose		Cholesterol	5 mg		
Vitamin A (IU)		Vitamin D	2 mcg	Thiamin	0.42 mg
Vitamin A (RE)		Vitamin E		Niacin	4.8 mg
Vitamin C		Folate		Riboflavin	0.65 mg
Magnesium		Vitamin B-6	0.51 mg	Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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