

The Quaker Portfolio

For more than 140 years, Quaker Oats has been dedicated to providing delicious whole grain options so whether you're at home, on-the-go, or enjoying your oats with breakfast or dinner – you can enjoy the nutrition of whole grain oats. Check out the many ways you can get your whole grains in with Quaker Oats.

The Endless Possibilities of Oats

(Quaker® Old Fashioned Oats, Quaker® Quick 1-Minute Oats, Quaker® Steel Cut Oats)

- Oats are one of the world's most simple and nutritious foods and a hearty bowl of oatmeal made from Quaker Oats is a quick, easy and delicious option to enjoy at breakfast.
- Plus, thanks to the versatility of oats, you can customize your bowl however you'd like – from savory to sweet, hot to cold, oats can provide goodness any time of day. Top your oatmeal with your favorite fruits and nuts or enjoy it savory with roasted vegetables and an egg.
- Each variety of Quaker Oats – instant, quick, old fashioned and steel cut – are 100% whole grain, and ounce per ounce, they all provide similar amounts of fiber, vitamins and minerals, including vitamin B1 (thiamin), phosphorous, and magnesium.*

* Ounce per ounce of oats; does not include inclusions such as fruit, nuts or flavors



High Quality Gluten Free (Quaker® Gluten Free Oatmeal)

- Using innovative technologies that adhere to high quality and safety standards, Quaker offers three great gluten free varieties in retailers nationwide – Gluten Free Quick 1-Minute Oats, Gluten Free Original Instant Oatmeal and Gluten Free Maple & Brown Sugar Instant Oatmeal – as well as additional varieties online, including Gluten Free Old Fashioned and Gluten Free Steel Cut Oats. Look for specially marked packages.
- All varieties are a good source of fiber and other essential vitamins and minerals.

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Certified Organic (Quaker® Organic Oats)

- Enjoy the wholesome goodness of 100% whole grain Quaker Oats with USDA certified Organic products like Quaker® Organic Instant Oatmeal, Quaker® Organic Old Fashioned Oats and Quaker® Organic Quick 1-Minute Oats. Look for specially marked packages.
- Oats can serve as a nutritious blank canvas to inspire culinary creativity that lets you enjoy the benefits of whole grain oats in any number of meals or snacks, at any time of day.

Whole Grains in an Instant (Quaker® Instant Oatmeal and Quaker® Instant Oatmeal Cups)

- Ready in minutes, you can enjoy a bowl of 100% whole grain Quaker Instant Oatmeal no matter how busy your day is with convenient single serve cups or packets.
- Quaker Instant Oatmeal has at least 27 grams of whole grains, 2-10 grams of fiber per serving and most varieties have no artificial preservatives, no artificial flavors and no added colors.**
- Choose from a variety of options to best suit your needs and preferences: Classic Flavors, High Fiber, Lower Sugar, Protein, Organic and Fiber and Protein.

**These do not apply to Quaker® Instant Oatmeal Dinosaur Eggs®, Quaker® Instant Oatmeal Chocolate, Quaker® Instant Oatmeal Cookies & Cream or Quaker® Instant Oatmeal with Antioxidants.



Get More from Your Baking (Quaker® Oat Flour)



- The new Quaker Oat Flour can be swapped for all-purpose or other wheat flours in many recipes such as quick breads to cookies, muffins and more. Quaker Oat Flour can be substituted for wheat flour at a 1:1 ratio by weight. However, most home bakers use volume instead of weight to measure ingredients. Since Quaker Oat Flour is lighter than wheat flour, 1¼ cup Quaker Oat Flour = approximately 1 cup wheat flour.
- One serving of Quaker Oat Flour contains 3g of dietary fiber and 30g of whole grains. It has no artificial preservatives or flavors and is Non-GMO Project Verified. The best part? Quaker Oat Flour is made with just one ingredient: heart-healthy*** 100% whole grain oats. You can now get the goodness that Quaker Oats is known for in your baking!

***Diets rich in whole grain foods and other plant foods and low in cholesterol and saturated fat may help reduce the risk of heart disease.

A Unique Granola Experience (Quaker® Puffed Granola)

- With a light and crispy texture, whole grain oats, dried fruit and other delicious ingredients, Quaker Puffed Granola is a unique granola experience. It's easy to enjoy during a busy morning over yogurt or milk, or as a snack on the go!
- In Blueberry Vanilla and Apple Cinnamon flavors, Puffed Granola has 36-40g of whole grains, is a good source of fiber per serving (contains 6-7 grams of total fat per serving) and has no artificial flavors.



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