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 whole grain oats
- Sodium free
- Can be used as a healthy 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

INGREDIENTS: WHOLE GRAIN ROLLED OATS.
**Product Name:** Quaker® Quick Oats  
**Serving Size:** 1/2 cup dry (40 g)  
**Product Code:** 43285  
**Date:** 01/01/2024

**Grains Based on Grams of Creditable Grains**

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

<table>
<thead>
<tr>
<th>Description of Creditable Grain Ingredient</th>
<th>Exhibit A Group (A - I) the Product Belongs To</th>
<th>Grams of Creditable Grain Ingredient per Portion (A)</th>
<th>Gram Standard of Creditable Grain per oz Equivalent (B)</th>
<th>Creditable Amount (A / B)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Rolled Oats</td>
<td>Group H</td>
<td>40.00 g</td>
<td>28.00 g</td>
<td>1.4285 oz eq.</td>
</tr>
</tbody>
</table>

**Total Grains Based on Grams of Creditable Grains Creditable Amount:** 1.25 oz eq.

**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.

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**Signature**

Rachel Huber, MPH, RDN

**Title**

PepsiCo Foodservice Dietitian

**Printed Name**

Rachel Huber, MPH, RDN

**Phone Number**

972-334-4789

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**Disclaimer:** The Product Formulation Statement (PFS) Workbook can be used by manufacturers to develop certified PFS documents. However, documents developed and printed using the PFS Workbook does not constitute approval by USDA. Please note, USDA DOES NOT approve manufacturers’ PFS documents.