

Product: **Quaker Oats (100% Natural)**

NUTRITIONAL INFORMATION (APPROX.):

		Per 100 g	Per serve (35g)
Energy	kcal	402	141
Protein	g	11.8	4.1
Total Fat	g	8.6	3.0
Saturated Fat	g	2.0	0.7
Cholesterol	mg	0	0
Total Carbohydrate	g	69.4	24.3
of which Sugars*	g	0	0
Total Dietary Fibre	g	10.5	3.7
Soluble Fibre	g	4.3	1.5
Insoluble Fibre	g	6.2	2.2
Iron	mg	3.5	1.2
Magnesium	mg	104	36.4
Sodium	mg	3.7	1.3
Zinc	mg	2.0	0.7

Total Trans Fat content not more than 0.0 per cent by weight.

Total Saturated Fat content not more than 2.0 per cent by weight.

Ingredients: Oats

Other details

As a part of heart healthy diet, oats help reduce cholesterol.

100% natural oats

- Quaker Oats helps reduce cholesterol[^]
- Energy to Keep you going⁺
- Rich source of Dietary Fibre [∞]
- Trans fat free [#]

* Total sugars

[^] 3g of soluble fibre daily from oats, in a diet low in saturated fat and cholesterol, may reduce the risk of Heart disease. As part of a balanced diet low in saturated fat & cholesterol and accompanied by a healthy & active lifestyle. (USFDA Guidelines)

[∞] As per Codex Alimentarius Commission Guidelines.

⁺ Whole Grains provide energy and are a source of dietary fibre.

[#] The term "Trans-fat free" means where trans-fat is less than 0.2 g per serving of food [Regulation No. 2.2.2 (3) proviso 2, of The Indian Food Safety and Standards (Packaging and Labeling) Regulation, 2011].