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 Thomas Ridley QC Dept.
 2:23 pm, 2 Oct 2023

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As product information, ingredients, nutritional guides and dietary or allergy advice may change from time to time, we recommend that you always carefully read the product label prior to using or consuming any such products. You should not solely rely upon the information we provide and make your own assessment as to the suitability or otherwise of any given product.

Quaker Rolled Porridge Oats 3kg



EAN
5000108198710

Target market(s)
GB, IE

Components

Ingredients

100% Quaker Rolled Oats

Nutrient Profile Score

Nutrient Profile Score UK --5

Allergen Tag Text

For allergens, see ingredients in bold

Allergy Text

Also, may contain Wheat and Barley.

Nutrition

	Per 100g	Per 40g	Per 40g ^{^1} (%*)
Energy	1565 kJ	626 kJ	1222 kJ (15%*)
Energy	374 kcal	150 kcal	291 kcal (15%*)
Fat	8.0 g	3.2 g	8.6 g (12%*)
of which Saturates	1.5 g	0.6 g	3.9 g (20%*)
Carbohydrate	60 g	24 g	38 g
of which Sugars	1.1 g	0.4 g	15 g (16%*)
Fibre	9.0 g	3.6 g	3.6 g
Protein	11 g	4.4 g	15 g
Salt	0 g	0 g	0.30 g (5%*)

This pack contains 75 servings

^{^1} With 300ml of semi skimmed milk

*Reference intake of an average adult (8400 kJ/2000 kcal)

Contains naturally occurring sugars

Calculated Nutrition

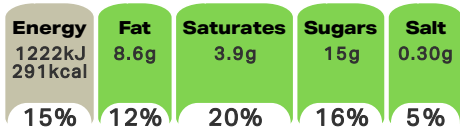
	per 100g	Per 40g
Energy (kJ)	1565	626
Energy (kcal)	374	150
Fat (g)	8	3.2
of which saturates (g)	1.5	0.6
Carbohydrate (g)	60	24
of which sugars (g)	1.1	0.4

Fibre (g)	9	3.6
Protein (g)	11	4.4
Salt (g)	0	0

Front of Pack Nutrition

Per Portion

Each 40g serving with 300ml of semi-skimmed milk contains:



Energy per 100g (as sold): 1565kJ/374kcal

Nutrition Other Text

This pack contains 75 servings

^1 With 300ml of semi skimmed milk

*Reference intake of an average adult (8400 kJ/2000 kcal)

Contains naturally occurring sugars

Reference Intake Statement

Reference Intake Statement - * Reference intake of an average adult (8400 kJ/2000 kcal)

HFSS Indicator

HFSS Indicator - Not HFSS

HFSS Food Category

HFSS Food Category - 3 - Breakfast Cereals

Product Description

Alternative Description

Supplier Preferred Product Name - Quaker Rolled Porridge Oats 3kg

Brand

Quaker

Features

100% Wholegrain

No Added Sugar - contains naturally occurring sugars

High inf Fibre

Helps lower cholesterol

Suitable for Vegans

Sustainably grown British Oats

Standardised Brand

Brand - Quaker

Regulated Product Name

Rolled Oats

Marketing

Company Name

Quaker Oats

Company Address

Freepost NAT21737,
PO Box 7757,
Leicester,
LE4 8YZ.

EU:

c/o Dublin 18,
D18 Y3Y9.

Product Marketing

- Creamy goodness of 100% wholegrain rolled porridge oats, perfect for your morning cereal
- For over 140 years, the humble oat has inspired Quaker to make delicious breakfasts through porridge, cereal, granola and more
- There's no better way to start your day than with a bowl of Quaker Rolled Porridge Oats prepared with your choice of milk and sweet or savoury toppings
- Enjoy making your own Overnight Oats or try blended with your favourite smoothie to give a whole new meaning to cereal
- A cereal which is a natural source of fibre with no added sugar and artificial
- Suitable for vegans when paired with a plant-based milk substitute such as oat milk or soy milk
- Helps lower cholesterol with each porridge serving (40g) containing 47% of the 3g of Oat beta-glucan suggested per day.
- Sustainably grown British oats
- Outer packaging is 100% recyclable

Brand Marketing

We all have a fire inside us - a passion and purpose that powers our everyday. And the hearty, nourishing goodness of our wonderful 100% wholegrain porridge oats is the perfect fuel for that fire.

At Quaker, our fire inside is driven by a desire to set the foundations for a better future.

All of these porridge oats are grown on British farms, keeping our 'food miles' down to a minimum. Our oat growers are passionate about sustainability so we've partnered with sustainable farming charity LEAF. Together we're committed to increasing biodiversity and wildlife conservation, nourishing the soil for our planet and porridge.

At Quaker, we know the huge importance breakfast plays in fuelling learning - so since 2009, we've partnered with the charity Magic Breakfast to donate millions of bowls of Quaker cereal to schoolchildren who need them. Because we believe that inside the littlest tummies, burn the brightest fires.

Trademark Information

"QUAKER" and the Quaker Man Device are registered trademarks. © QUAKER OATS 2022

Nutritional Claims

100% Wholegrain
No Added Sugar - contains naturally occurring sugars
High in Fibre
Helps lower cholesterol
Suitable for Vegans
Sustainably grown British Oats

Health Claims

+ Oat beta-glucan 3.6g per 100g. Each serving (40g) contains 47% of the 3g of oat beta-glucan suggested per day. Enjoy as part of a varied and balanced diet and healthy lifestyle. Oat beta-glucan has been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect.

Health & Lifestyle

Lifestyle

- Suitable for Vegans
- Suitable for Vegetarians

Allergy Advice

Barley - May Contain
Cereals Containing Gluten - Contains
Oats - Contains
Wheat - May Contain

Storage & Usage

Storage Type

Type

Ambient

Preparation and Usage

Hob - From Ambient - Mix 40g of Quaker oats with 300ml of milk (or cold water) in a saucepan and bring to the boil. Simmer for 5 minutes.

Microwave - From Ambient - 40g Oats 300ml Milk

800W 3mins 30 secs

900W 2min 45secs

Storage

Store in a cool dry place

Brandbank Captured Pack Data

Pack Size

3kg e

Numeric Size

Numeric Size - 3

Recycling Info

Pack - Recycle

Country

Country of Origin - United Kingdom

Pack Type

Type - Carton

Weight

Gross Weight - 4

Usage Count

Number of uses - Servings

75

Usage Other Text

This pack contains 75 servings

Customer Supplied Pack Data

Supplied Dimension

Shelf Height (mm)	Shelf Width (mm)	Shelf Depth (mm)
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348	230	95
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(GS1 package measurement rules)

Supplied Weight

Gross Weight - 4

Customer Services

Manufacturers Address

Freepost NAT21737,
PO Box 7757,
Leicester,
LE4 8YZ.

EU:
c/o Dublin 18,
D18 Y3Y9.

Telephone Helpline

UK 0800 0324490
ROI 1800 509408

Web Address

quaker.co.uk
www.quaker.co.uk

Extended Data

Product Language

Data Language - English
Primary Description Language - English

Description Breakdown

Functional Name - Not Ready To Eat Cereal and grains
Variant - Rolled Oats



QUAKER

OAT SO SIMPLE.

QUAKER

TRY OUR OATS IN DIFFERENT FLAVOURS AND FORMATS



FEED THE FIRE...

COOKING INSTRUCTIONS:

MIX 40G OF QUAKER OATS WITH 300ML OF MILK (OR COLD WATER) IN A SAUCEPAN AND BRING TO THE BOIL. SIMMER FOR 5 MINUTES.

MICROWAVE INSTRUCTIONS:

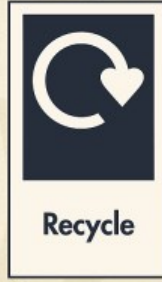
- 40G OATS 300ML
- MILK 800W 3MINS 30 SECS
- 900W 2MIN 45 SECS

FOR FURTHER INFORMATION ON COOKING INSTRUCTION AND MICROWAVE SETTINGS, PLEASE VISIT OUR WEBSITE

www.quaker.co.uk

QUAKER

- 100% WHOLE GRAIN
- SUSTAINABLY GROWN BRITISH OATS
- NO ADDED SUGAR
- HIGH IN FIBRE
- HELPS LOWER CHOLESTEROL
- SUITABLE FOR VEGANS
- DONATING MILLIONS OF BOWLS TO SCHOOL BREAKFAST CLUBS



Recycle

www.quaker.co.uk

QUAKER

FEED YOUR FIRE INSIDE

www.quaker.co.uk



QUAKER

QUAKER

TYPICAL NUTRITION INFORMATION

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