

Factsheet

Today's growth
cannot be at the
expense of
tomorrow

Quaker and Nutrition

Quaker has over 100 years' experience of making porridge oats. This means we know better than most the great nutritional value of oats, and how to create delicious recipes to enjoy their nutritional benefits throughout the day and year.

Oats: a supergrain

Oats are a wholegrain food. As well as a source of protein, oats are a source of insoluble and soluble fibre.

The insoluble fibre in oats helps maintain a healthy digestive system. The soluble fibre in oats is called beta glucan which releases energy slowly, helping to keep you feeling fuller for longer.

The beta glucan in oats can also help to lower blood cholesterol and help maintain a healthy heart if eaten as part of a diet low in saturated fat and a healthy lifestyle.

All Quaker products – porridge oats, cereals and bars – use the whole of the grain and each portion contains enough beta glucan to begin lowering blood cholesterol and help maintain a healthy heart.

The Quaker Range

Quaker's range of porridge, cereals and bars make it easy to enjoy oats throughout the day, every season of the year.



Our porridge range includes both traditional slow-cook porridge oats and an instant microwavable version, OatSo Simple, both of which come in plain and flavoured varieties.

Quaker Oat Bars are a convenient and sustaining snack. They have less than 10% fat and 20% sugar, which is around 45% less sugar than in many other cereal bars.

Labelling for healthy choices

At Quaker, we know the importance of a healthy, balanced, and varied diet. This is why all our products have a Guideline Daily Amount (GDA) label on the front.

This label shows the amount of energy and key nutrients provided in a portion of the product, and the contribution that it makes to the GDA for that nutrient, making it easier for consumers to make informed decisions about a healthy, balanced diet.

Did you know...

...Research has shown that consuming just 3g of beta glucan per day as part of a diet low in saturated fat and a healthy lifestyle can help reduce cholesterol.

...Quaker also makes Snack A Jacks, delicious wholegrain rice cakes, which are low in fat and available in a range of savoury and sweet flavours.

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