

healthy hearts for adventures ahead

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Keep up with the life you love.
100% whole grain Quaker Oats can help reduce
cholesterol as part of a heart healthy diet.*

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off you go

*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease.
Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

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