

Nutrition Information

	Average Per Serve	Total Daily Intake (DI)*	Average Per 100g
Energy (kJ)	652	8700	1630
(Cal)	156	2080	390
Protein (g)	3.2	50	7.9
Fat, total (g)	3.2	70	7.9
- Saturated fat (g)	0.7	24	1.7
Carbohydrate, total (g)	26.7	310	66.0
- Sugars (g)	7.1	90	17.7
Dietary Fibre (g)	3.1	30	7.7
Sodium (mg)	100	2300	265
	Per Serve	% RDI*	Per 100g
Potassium (mg)	90		225
Thiamin (Vitamin B1) (mg)	0.55	(50%)*	1.37
Riboflavin (Vitamin B2) (mg)	0.34	(20%)*	0.85
Niacin (Vitamin B3) (mg)	2.5	(25%)*	6.3
Iron (mg)	3.0	(25%)*	7.5
Calcium (mg)	200	(26%)*	500
Folate (µg)*	100	(50%)*	250

What is Total DI and RDI?

+DI - Total Daily Intakes are based on an average adult diet of 8700kJ.

Your daily intakes may be higher or lower depending on your energy needs.

*RDI - Recommended Dietary Intake.

Ingredients: Cereal (69%) (wholegrains (52%) (wheat, oats, wheat flour), corn, puffed wheat, wheat bran, rice), sugar, macadamia nuts (6%), corn maltodextrin, honey (2%), minerals (calcium phosphate, iron), vegetable oils (sunola, palm (contains antioxidant (319))), salt, maize starch, barley malt extract, emulsifiers (472a, 471), vitamins (niacin, thiamin, riboflavin, folate, vitamin E (derived from soy)), flavours.

Contains macadamia nuts, soy and cereals containing gluten.

May contain milk and other tree nuts.

^ Contains 52% wholegrains.

Délice & Légereté

Macadamia & Miel

Ingredients: Céréales (69%) (Céréales complètes (52%) (blé, avoine, farine de blé), maïs, blé soufflé, son de blé, riz), sucre, noix de macadamia (6%), maltodextrine de maïs, miel (2%), minéraux (calcium, fer), huiles végétales [huile de tournesol, huile de palme (contient un antioxydant E319)], sel, amidon de maïs, extrait de malt d'orge, émulsifiants (E472, E471), vitamines (B3, B1, B2, acide folique, vitamine E (dérivé de soja)), arômes.

Contient du gluten provenant des céréales, noix de macadamia, et de soja.

Peut contenir des traces de lait et d'autres fruits à coque.

Fabrique en Australie.

Light 'n' Tasty



% DAILY INTAKE

The Daily Intake (DI) counter is a simple way to learn more about the daily intake of nutrients and energy for the whole day.

The counter shows you what's in a serve of Kellogg's cereal and the percentage (%) it contributes to your daily diet. Daily intakes are based on an average adult diet of 8700kJ.

Your daily intakes may be higher or lower depending on your energy needs. Go to www.kellogg.com.au to calculate the DI based on your own energy needs.

The total Daily Intake for the average adult diet:

Energy	8700 kJ
Protein	50 g
Total Fat*	70 g
Saturated Fat*	24 g
Carbohydrate	310 g
Sugar*	90 g
Fibre	30 g
Sodium*	2300 mg

*Moderate your intake.

Nutrition Information

(AVERAGE)

servings per package - 19
average serving size - 40g (¾ metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup skim milk	quantity per 100g
ENERGY	600 kJ	7%	800 kJ	1510 kJ
PROTEIN	4.5 g	9%	9.2 g	11.3 g
FAT, TOTAL	0.6 g	0.9%	0.8 g	1.6 g
- SATURATED	0.1 g	0.5%	0.2 g	0.3 g
CARBOHYDRATE	27.2 g	9%	33.7 g	68.1 g
- SUGARS	3.5 g	4%	10.0 g	8.8 g
DIETARY FIBRE	4.9 g	16%	4.9 g	12.2 g
SODIUM #	2 mg	0.1%	58 mg	5 mg
POTASSIUM	142 mg	-	347 mg	355 mg

		% RDI*		
THIAMIN (VIT B1)	0.28 mg	25%	0.33 mg	0.69 mg
RIBOFLAVIN (VIT B2)	0.42 mg	25%	0.68 mg	1.06 mg
NIACIN	2.5 mg	25%	2.6 mg	6.2 mg
FOLATE	50 µg	25%	56 µg	125 µg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

▲ % Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

* % Recommended Dietary Intake (Aust/NZ) per serving.
2 mg of sodium per serve is equivalent to less than 0.1g of salt.

Ingredients

Wholegrain cereals (93%) (wheat [71%], oats [5.5%], barley [5.5%], rye [5.5%], triticale [5.5%]), raw sugar, vitamins (vitamin E, niacin, riboflavin, thiamin, folate).

CONTAINS GLUTEN CONTAINING CEREALS.

MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.

INGREDIENTS: Céréales complètes (93%)(blé [71%], avoine [5.5%], orge [5.5%], seigle [5.5%], triticale [5.5%]), sucre cru, vitamines (vitamine E, niacine, riboflavine, thiamine, folate).

CONTIENT DU GLUTEN CONTENANT DES CÉRÉALES.

PEUT CONTENIR DES TRACES D'ARACHIDES ET/OU DE NOIX D'ARBRES.

Kellogg's
Special K

makes it simple
to stay special!



% DAILY INTAKE

The Daily Intake (DI) counter is a simple way to learn more about the daily intake of nutrients and energy for the whole day.

The counter shows you what's in a serve of Kellogg's cereal and the percentage (%) it contributes to your daily diet. Daily intakes are based on an average adult diet of 8700kJ.

Your daily intakes may be higher or lower depending on your energy needs. Go to www.kellogg.com.au to calculate the DI based on your own energy needs.

The total Daily Intake for the average adult diet:

Energy	8700 kJ
Protein	50 g
Total Fat*	70 g
Saturated Fat*	24 g
Carbohydrate	310 g
Sugar*	90 g
Fibre	30 g
Sodium*	2300 mg

*Moderate your intake.

Nutrition Information

(AVERAGE)

servings per package - 20
average serving size - 30g (¼ metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup skim milk	quantity per 100g
ENERGY	470 kJ	5%	670 kJ	1570 kJ
PROTEIN	5.9 g	12%	10.6 g	19.7 g
FAT, TOTAL	0.1 g	0.2%	0.2 g	0.4 g
- SATURATED	<0.1 g	0.1%	0.2 g	0.1 g
CARBOHYDRATE	21.2 g	7%	27.7 g	70.8 g
- SUGARS	4.4 g	5%	10.8 g	14.5 g
DIETARY FIBRE	0.8 g	2%	0.8 g	2.5 g
SODIUM #	160 mg	7%	217 mg	536 mg
POTASSIUM	48 mg	-	253 mg	160 mg

		% RDI*		
THIAMIN (VIT B1)	0.28 mg	25%	0.33 mg	0.92 mg
RIBOFLAVIN (VIT B2)	0.42 mg	25%	0.68 mg	1.42 mg
NIACIN	2.5 mg	25%	2.6 mg	8.3 mg
VITAMIN B6	0.4 mg	25%	0.4 mg	1.3 mg
FOLATE	100 µg	50%	106 µg	333 µg

CALCIUM	200 mg	25%	356 mg	866 mg
IRON	3.0 mg	25%	3.1 mg	10.0 mg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

▲ % Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

* % Recommended Dietary Intake (Aust/NZ) per serving.
160mg of sodium per serve is equivalent to 0.4g of salt.

Ingredients

Cereals (93%) (rice, wheat, wheat gluten, sugar, wheat flour, minerals (calcium carbonate, iron, zinc oxide), salt, barley malt extract, vitamins (niacin, vitamin B6, riboflavin, thiamin, biotin).

CONTAINS GLUTEN CONTAINING CEREALS.

MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.

Weet Bix

Sanitarium
health & wellbeing

NUTRITION INFORMATION

Serving Size: 30g (2 biscuits) Servings per pack: 42	AVG PER SERVE	TOTAL DAILY INTAKE (DI#)	AVG PER 100g
ENERGY	447kJ	8700kJ	1490kJ
	107Cal	2080Cal	356Cal
PROTEIN	3.7g	50g	12.4g
FAT - TOTAL	0.4g	70g	1.4g
- SATURATED FAT	0.1g	24g	0.3g
CARBOHYDRATE - TOTAL	20.1g	310g	67g
- SUGARS	1.0g	90g	3.3g
DIETARY FIBRE	3.3g	30g	11.0g
SODIUM	87mg	2300mg	290mg
	PER SERVE	% RDI* PER SERVE	PER 100g
POTASSIUM	102mg		340mg
ZINC	1.8mg	15%RDI*	6.0mg
IRON	3.0mg	25%RDI*	10.0mg
MAGNESIUM	32mg	10%RDI*	107mg
THIAMIN (Vitamin B1)	0.55mg	50%RDI*	1.83mg
RIBOFLAVIN (Vitamin B2)	0.43mg	25%RDI*	1.4mg
NIACIN (Vitamin B3)	2.5mg	25%RDI*	8.3mg
FOLATE	100µg	50%RDI**	333µg

What is Total DI & RDI?

#DI - Total Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
*RDI - Recommended Dietary Intake.
** - 1 serve provides 25% of the folate RDI for women of childbearing age.

Ingredients: Wholegrain wheat (97%), raw sugar, salt, barley malt extract, minerals (zinc gluconate, iron), vitamins (niacin, thiamin, riboflavin, folate).
Contains cereals containing gluten.

We'd love to hear from you

Please contact our Customer Relations Team

- For Free recipes
- More information about our products and services
- To speak with one of our nutritionists
- If you are not completely satisfied with the quality of this product.

www.sanitarium.com.au

Australia FREECALL: 1800 673 392
Or by post: Sanitarium Health Food Company, Customer Relations
Reply Paid 66705,
Berkeley Vale, NSW 2261.

SULTANA BRAN

Healthy can be tasty

NUTRITION INFORMATION

Servings per package - 19
average serving size - 45g (3/4 metric cup†)

	average quantity per serving	average quantity per serve with 1/2 cup skim milk	average quantity per 100g
ENERGY	639 kJ (153 Cal)	833 kJ (199 Cal)	1419 kJ (340 Cal)
PROTEIN	4.3 g	8.9 g	9.5 g
FAT			
- TOTAL	0.8 g	0.9 g	1.7 g
- SATURATED	0.2 g	0.3 g	0.4 g
CARBOHYDRATE			
- TOTAL	28.6 g	35.1 g	63.6 g
- SUGARS #	10.2 g	16.7 g	22.7 g
DIETARY FIBRE	6.4 g	6.4 g	14.2 g
- SOLUBLE	1.1 g	1.1 g	2.5 g
- INSOLUBLE	5.3 g	5.3 g	11.7 g
SODIUM	122 mg	178 mg	270 mg
POTASSIUM	324 mg	530 mg	721 mg
THIAMIN (VIT B1)	0.28 mg (25% R.D.I.*)	0.33 mg (30%)	0.61 mg (56%)
RIBOFLAVIN (VIT B2)	0.4 mg (25% R.D.I.*)	0.7 mg (40%)	1.0 mg (56%)
NIACIN	2.5 mg (25% R.D.I.*)	2.6 mg (26%)	5.6 mg (56%)
FOLATE	100 µg (50% R.D.I.*)	106 µg (53%)	222 µg (111%)
IRON	3.0 mg (25% R.D.I.*)	3.1 mg (26%)	6.7 mg (56%)
MAGNESIUM	64 mg (20% R.D.I.*)	80 mg (25%)	142 mg (44%)
ZINC	1.8 mg (15% R.D.I.*)	2.3 mg (19%)	4.0 mg (33%)

* Recommended Dietary Intake (Aust/NZ)

Over 2/3 of the sugar in this product is from the sultanas.

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

INGREDIENTS: Cereals (62%) (whole wheat, wheat bran), sultanas (28%), malt extract, sugar, salt, humectant (glycerol), minerals (iron, zinc oxide), vitamins (niacin, riboflavin, thiamin, folate).

CONTAINS GLUTEN.

MAY CONTAIN TRACES OF PEANUTS AND/OR OTHER NUTS.

INGREDIENTS: Céréales (62%) (blé entier, son de blé), raisins de Smyrne (28%), extrait de malt, sucre, sel, humectant (glycérol), minéraux (fer, oxyde de zinc), vitamines (niacine, riboflavine, thiamine, folate).

CONTIENT DU GLUTEN.

PEUT CONTENIR DES TRACES DE CACAHUËTES ET/OU D'AUTRES NOIX.

KELLOGG'S - MADE IN AUSTRALIA, EXPORTING TO THE WORLD

ALBRAN

KELLOGG'S NUTRITION GUIDE

Good source of 4 vitamins including folate			✓
High in carbohydrates	✓	Very high in fibre	✓
Low in fat	✓	No cholesterol	✓
Source of zinc	✓	No preservatives	✓
Good source of iron	✓	No artificial colours	✓
Good source of magnesium	✓	No artificial flavours	✓

NUTRITION INFORMATION

SERVINGS PER PACKAGE - 12
SERVING SIZE - 45g (3/4 METRIC CUP)†

	PER 45g SERVE	PER 45g WITH 1/2 CUP SKIM MILK	PER 100g
ENERGY	711 kJ (170 Cal)	898 kJ (215 Cal)	1580 kJ (378 Cal)
PROTEIN	6.3 g	10.8 g	13.9 g
FAT	1.4 g	1.5 g	3.0 g
CARBOHYDRATE			
- TOTAL	32.6 g	39.1 g	72.5 g
- SUGARS	6.1 g	12.6 g	13.6 g
DIETARY FIBRE	13.3 g	13.3 g	29.6 g
- SOLUBLE	1.7 g	1.7 g	3.9 g
- INSOLUBLE	11.6 g	11.6 g	25.7 g
CHOLESTEROL	0 mg	5 mg	0 mg
SODIUM	171 mg	241 mg	380 mg
POTASSIUM	421 mg	637 mg	935 mg
THIAMIN (VIT B1) (% R.D.I.*)	0.28 mg (25%)	0.33 mg (30%)	0.61 mg (56%)
RIBOFLAVIN (VIT B2) (% R.D.I.*)	0.4 mg (25%)	0.6 mg (37%)	0.9 mg (56%)
NIACIN (% R.D.I.*)	2.5 mg (25%)	3.3 mg (33%)	5.6 mg (56%)
FOLATE (% R.D.I.*)	100 µg (50%)	108 µg (54%)	222 µg (111%)
IRON (% R.D.I.*)	3.0 mg (25%)	3.0 mg (25%)	6.7 mg (56%)
MAGNESIUM (% R.D.I.*)	109 mg (34%)	123 mg (38%)	242 mg (76%)
ZINC (% R.D.I.*)	2.3 mg (19%)	2.5 mg (21%)	5.1 mg (42%)

* Recommended Dietary Intake (Aust/NZ)

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

INGREDIENTS: WHEAT BRAN, SUGAR, MALT EXTRACT, SALT, VITAMINS (RIBOFLAVIN, THIAMIN, FOLATE), MINERAL (IRON), MAY CONTAIN TRACES OF PEANUTS AND OTHER NUTS.

SUSTAIN

	per 45g SERVE	Per 45g WITH 1/2 cup skim milk	per 100g
ENERGY	723 kJ (173 Cal)	910 kJ (218 Cal)	1606 kJ (384 Cal)
PROTEIN	4.0 g	8.5 g	8.9 g
FAT	1.3 g	1.4 g	2.8 g
CARBOHYDRATE			
- TOTAL	35.8 g	42.2 g	79.5 g
- SUGARS	9.2 g	15.6 g	20.4 g
DIETARY FIBRE	3.2 g	3.2 g	7.2 g
CHOLESTEROL	0 mg	5 mg	0 mg
SODIUM	44 mg	113 mg	97 mg
POTASSIUM	159 mg	376 mg	354 mg
THIAMIN (VIT B1) (% R.D.I.*)	0.55 mg (50%)	0.60 mg (55%)	1.22 mg (111%)
RIBOFLAVIN (VIT B2) (% R.D.I.*)	0.4 mg (25%)	0.6 mg (37%)	0.9 mg (56%)
NIACIN (% R.D.I.*)	2.5 mg (25%)	3.3 mg (33%)	5.6 mg (56%)
VITAMIN B6 (% R.D.I.*)	0.4 mg (25%)	0.5 mg (28%)	0.9 mg (56%)
VITAMIN C (% R.D.I.*)	10.0 mg (25%)	11.3 mg (28%)	22.2 mg (56%)
FOLATE (% R.D.I.*)	100 µg (50%)	108 µg (54%)	222 µg (111%)
IRON (% R.D.I.*)	3.0 mg (25%)	3.0 mg (25%)	6.7 mg (56%)

* Recommended Dietary Intake (Aust/NZ)

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

INGREDIENTS: CEREALS (WHEAT, CORN, BROWN RICE, ROLLED OATS, WHEATGERM), FRUIT (SULTANAS, CURRANTS, DRIED APPLE), SUGAR, MALT EXTRACT, SLICED ALMONDS, HONEY, SALT, VITAMINS (VITAMIN C, NIACIN, THIAMIN, VITAMIN B6, RIBOFLAVIN, FOLATE), MINERAL (IRON).

NUTRITION INFORMATION

SERVINGS PER PACKAGE - 9
SERVING SIZE - 30g (1 METRIC CUP)†

	PER 30g SERVE	PER 30g WITH 1/2 CUP WHOLE MILK	PER 100g
ENERGY	480 kJ (115 Cal)	846 kJ (202 Cal)	1601 kJ (383 Cal)
PROTEIN	2.0 g	6.5 g	6.7 g
FAT	0.1 g	5.2 g	0.3 g
CARBOHYDRATE			
- TOTAL	26.0 g	32.3 g	86.8 g
- SUGARS	2.7 g	8.9 g	9.0 g
DIETARY FIBRE	0.3 g	0.3 g	1.1 g
CHOLESTEROL	0 mg	19 mg	0 mg
SODIUM	216 mg	285 mg	720 mg
POTASSIUM	31 mg	244 mg	104 mg
THIAMIN (VIT B1) (% R.D.I.*)	0.28 mg (25%)	0.34 mg (31%)	0.92 mg (83%)
RIBOFLAVIN (VIT B2) (% R.D.I.*)	0.4 mg (25%)	0.6 mg (37%)	1.4 mg (83%)
NIACIN (% R.D.I.*)	2.5 mg (25%)	3.3 mg (33%)	8.3 mg (83%)
VITAMIN C (% R.D.I.*)	10.0 mg (25%)	11.4 mg (28%)	33.3 mg (83%)
FOLATE (% R.D.I.*)	50 µg (25%)	58 µg (29%)	167 µg (83%)
IRON (% R.D.I.*)	3.0 mg (25%)	3.1 mg (26%)	10.0 mg (83%)
ZINC (% R.D.I.*)	1.8 mg (15%)	2.3 mg (20%)	6.0 mg (50%)

* Recommended Dietary Intake (Aust/NZ)

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

INGREDIENTS: WHOLE RICE, SUGAR, SALT, MALT EXTRACT, VITAMINS (VITAMIN C, NIACIN, RIBOFLAVIN, THIAMIN, FOLATE), MINERALS (IRON, ZINC OXIDE).

RICE BUBBLES

	per 45g SERVE	Per 45g WITH 1/2 cup skim milk	per 100g
ENERGY	705 kJ (169 Cal)	892 kJ (213 Cal)	1566 kJ (375 Cal)
PROTEIN	3.7 g	8.3 g	8.3 g
FAT	0.7 g	0.8 g	1.6 g
CARBOHYDRATE			
- TOTAL	36.1 g	42.6 g	80.3 g
- SUGARS	10.0 g	16.5 g	22.3 g
DIETARY FIBRE	3.8 g	3.8 g	8.4 g
CHOLESTEROL	0 mg	5 mg	0 mg
SODIUM	22 mg	92 mg	49 mg
POTASSIUM	192 mg	409 mg	427 mg
THIAMIN (VIT B1) (% R.D.I.*)	0.28 mg (25%)	0.33 mg (30%)	0.61 mg (56%)
RIBOFLAVIN (VIT B2) (% R.D.I.*)	0.4 mg (25%)	0.6 mg (37%)	0.9 mg (56%)
NIACIN (% R.D.I.*)	2.5 mg (25%)	3.3 mg (33%)	5.6 mg (56%)
FOLATE (% R.D.I.*)	100 µg (50%)	108 µg (54%)	222 µg (111%)
IRON (% R.D.I.*)	3.0 mg (25%)	3.0 mg (25%)	6.7 mg (56%)

* Recommended Dietary Intake (Aust/NZ)

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

INGREDIENTS: WHOLE WHEAT, SULTANAS, RAW SUGAR, ROLLED OATS, RYE, DRIED APRICOT, FRUCTOSE, MALT EXTRACT, GLYCEROL, THICKENER (1422), MALTODEXTRIN, VEGETABLE OIL, SOYA BEAN FLOUR, SALT, HONEY, CASTER SUGAR, MINERAL (IRON), VITAMINS (NIACIN, RIBOFLAVIN, FOLATE, THIAMIN), NATURAL FLAVOUR FOOD ACID (CITRIC ACID).

JUST RIGHT

COCOPOPS.



ZINC
helps support healthy growth
in children

Good source of 5 vitamins including folate	✓
High in carbohydrates	✓
Low in fat	✓
Good source of iron	✓
No cholesterol	✓
Source of calcium and zinc	✓
No preservatives	✓
No artificial colours	✓

NUTRITION INFORMATION

Servings per package - 14
Serving size - 30g (3/4 metric cup)†

	per 30g SERVE	Per 30g WITH 1/2 cup whole milk	per 100g
ENERGY	483 kJ (116 Cal)	849 kJ (203 Cal)	1611 kJ (385 Cal)
PROTEIN	1.6 g	6.1 g	5.4 g
FAT	0.1 g	5.2 g	0.3 g
CARBOHYDRATE			
- TOTAL	26.6 g	32.8 g	88.7 g
- SUGARS	11.0 g	17.2 g	36.5 g
DIETARY FIBRE	0.4 g	0.4 g	1.2 g
CHOLESTEROL	0 mg	19 mg	0 mg
SODIUM	169 mg	238 mg	564 mg
POTASSIUM	73 mg	286 mg	243 mg
THIAMIN (VIT B1)	0.28 mg (% R.D.I.*)	0.34 mg (31%)	0.92 mg (83%)
RIBOFLAVIN (VIT B2)	0.4 mg (% R.D.I.*)	0.6 mg (37%)	1.4 mg (83%)
NIACIN	2.5 mg (% R.D.I.*)	3.3 mg (33%)	8.3 mg (83%)
VITAMIN C	10.0 mg (% R.D.I.*)	11.4 mg (28%)	33.3 mg (83%)
FOLATE	50 µg (% R.D.I.*)	58 µg (29%)	167 µg (83%)
CALCIUM	80 mg (% R.D.I.*)	242 mg (30%)	267 mg (33%)
IRON	3.0 mg (% R.D.I.*)	3.1 mg (26%)	10.0 mg (83%)
ZINC	1.8 mg (% R.D.I.*)	2.3 mg (20%)	6.0 mg (50%)

* Recommended Dietary Intake (Aust/NZ)

† Cup measurement is approximate and is only to be used as a guide.
If you have any specific dietary requirements please weigh your serving.

INGREDIENTS: WHOLE RICE, SUGAR, COCOA POWDER, SALT, SKIM MILK POWDER, WHEY POWDER, MALT EXTRACT, FLAVOUR, DEXTROSE, VITAMINS (VITAMIN C, NIACIN, RIBOFLAVIN, THIAMIN, FOLATE), MINERALS (CALCIUM CARBONATE, IRON, ZINC OXIDE), MAY CONTAIN TRACES OF PEANUTS AND/OR OTHER NUTS.

INGREDIENTS: RIZ COMPLET, SUCRE, CACAO EN POUDRE, SEL, LAIT ÉCRÉMÉ EN POUDRE, LACTOSÉRUM EN POUDRE, EXTRAIT DE MALT, PARFUM, DEXTROSE, VITAMINES (VITAMINE C, NIACINE, RIBOFLAVINE, THIAMINE, FOLATE), MINÉRAUX (CARBONATE DE CALCIUM, FER, OXYDE DE ZINC), PEUT CONTENIR DES TRACES DE CACAHUÈTES ET D'AUTRES NOIX, NOUS/STPFS FIT

CORNFLAKES

NUTRITION INFORMATION

SERVINGS PER PACKAGE - 26 SERVING SIZE - 30g (1 METRIC CUP)†

	PER 30g SERVE	PER 30g WITH 1/2 CUP SKIM MILK	PER 100g
ENERGY	478 kJ (114 Cal)	665 kJ (159 Cal)	1594 kJ (381 Cal)
PROTEIN	2.3 g	6.9 g	7.8 g
FAT	0.1 g	0.2 g	0.2 g
CARBOHYDRATE			
- TOTAL	25.7 g	32.1 g	85.5 g
- SUGARS	2.6 g	9.1 g	8.7 g
DIETARY FIBRE	0.8 g	0.8 g	2.6 g
CHOLESTEROL	0 mg	5 mg	0 mg
SODIUM	240 mg	310 mg	800 mg
POTASSIUM	25 mg	242 mg	84 mg
THIAMIN (VIT B1)	0.28 mg (% R.D.I.*)	0.33 mg (30%)	0.92 mg (83%)
RIBOFLAVIN (VIT B2)	0.4 mg (% R.D.I.*)	0.6 mg (37%)	1.4 mg (83%)
NIACIN	2.5 mg (% R.D.I.*)	3.3 mg (33%)	8.3 mg (83%)
VITAMIN C	10.0 mg (% R.D.I.*)	11.3 mg (28%)	33.3 mg (83%)
FOLATE	100 µg (% R.D.I.*)	108 µg (54%)	333 µg (167%)
IRON	3.0 mg (% R.D.I.*)	3.0 mg (25%)	10.0 mg (83%)
ZINC	1.8 mg (% R.D.I.*)	2.1 mg (17%)	6.0 mg (50%)

* Recommended Dietary Intake (Aust/NZ)

† Cup measurement is approximate and is only to be used as a guide.
If you have any specific dietary requirements please weigh your serving.

INGREDIENTS: CORN, SUGAR, MALT EXTRACT, SALT, VITAMINS (VITAMIN E, VITAMIN C, NIACIN, RIBOFLAVIN, THIAMIN, FOLATE), MINERALS (IRON, ZINC OXIDE).

NUTRIGRAIN

NUTRITION INFORMATION

Servings per package - 16
Serving size - 30g (1 metric cup)†

	per 30g SERVE	Per 30g WITH 1/2 cup skim milk	per 100g
ENERGY	487 kJ (116 Cal)	674 kJ (161 Cal)	1622 kJ (388 Cal)
PROTEIN	6.6 g	11.1 g	21.9 g
FAT	0.2 g	0.3 g	0.6 g
CARBOHYDRATE			
- TOTAL	21.7 g	28.1 g	72.2 g
- SUGARS	9.6 g	16.1 g	32.0 g
DIETARY FIBRE	0.8 g	0.8 g	2.7 g
CHOLESTEROL	0 mg	5 mg	0 mg
SODIUM	180 mg	250 mg	600 mg
POTASSIUM	44 mg	261 mg	147 mg
VITAMIN A	75 µg (% R.D.I.*)	76 µg (10%)	250 µg (33%)
THIAMIN (VIT B1)	0.55 mg (% R.D.I.*)	0.60 mg (55%)	1.83 mg (167%)
RIBOFLAVIN (VIT B2)	0.4 mg (% R.D.I.*)	0.6 mg (25%)	1.4 mg (83%)
NIACIN	2.5 mg (% R.D.I.*)	3.3 mg (25%)	8.3 mg (83%)
VITAMIN B6	0.4 mg (% R.D.I.*)	0.5 mg (25%)	1.3 mg (83%)
VITAMIN C	10.0 mg (% R.D.I.*)	11.3 mg (25%)	33.3 mg (83%)
FOLATE	50 µg (% R.D.I.*)	58 µg (25%)	167 µg (83%)
CALCIUM	80 mg (% R.D.I.*)	235 mg (29%)	267 mg (33%)
IRON	3.0 mg (% R.D.I.*)	3.0 mg (25%)	10.0 mg (83%)

* Recommended Dietary Intake (Aust/NZ)

† Cup measurement is approximate and is only to be used as a guide.
If you have any specific dietary requirements please weigh your serving.

INGREDIENTS: CEREALS (47%) (WHEAT FLOUR, OATMEAL, MAIZE FLOUR), WHEAT GLUTEN, BROWN SUGAR, SUGAR, MALT EXTRACT, SALT, MINERALS (CALCIUM CARBONATE, IRON), MINERAL SALT (SODIUM BICARBONATE), NATURAL FLAVOUR, VITAMINS (VITAMIN C, VITAMIN A (BETA-CAROTENE), NIACIN, THIAMIN, VITAMIN B6, RIBOFLAVIN, FOLATE)
CAUTION: MAY CONTAIN TRACES OF NUTS.