

NUTRITIONAL VALUE OF BREAKFAST CEREALS

Read the Nutritional Information chart on some breakfast cereal packages and record their energy, fat, sugar, fibre and salt content per 100g in the chart below.

CEREAL	ENERGY (KJ)	FAT (G)	SUGAR (G)	FIBRE (G)	SALT (MG)
Weetbix					
Just Right					
Nutri Grain					
Corn Flakes					
Sultana Bran					
All Bran					
Rice Bubbles					
Coco Pops					
Sustain					
Light 'n' Tasty					
Mini Wheats					
Special K					
Up & Go					
Rolled Oats					

ANALYSIS

Which cereal contains the: * Most fibre?

* Least Fibre?

* Most Salt?

* Least Salt?

* Most Sugar?

* Least Sugar?

Which cereal would be the healthiest choice for an adolescent? Explain Why.