

Kellogg's[®] Sheet Facts

Fibre content of Kellogg's[®] products

Dietary fibre is an important part of a healthy diet and current recommendations are for women to consume 25g of fibre per day and men to consume 30g of fibre per day. Kellogg offers products with a range of fibre levels to meet consumers' individual needs. These are listed below:

Breakfast Cereals

Very High in Fibre (≥ 6g/serve)

All-Bran[®]
All-Bran[®] Tropical
All-Bran[®] Wheat Flakes Honey Almond
Guardian[®]
Special K Advantage™
Sultana Bran

High in Fibre (≥ 3g/serve)

All-Bran[®] Wheat Flakes
Just Right[®] Original
Just Right[®] Tropical
Mini-Wheats[®] 5 Grains
Mini-Wheats[®] Blackcurrant Flavour
Mini-Wheats[®] Golden Honey
Sultana Bran Crunch[®]

Source of Fibre (≥ 1.5g/serve)

Coco Pops[®] Coco Rocks[®]
Corn Flakes Wholegrain from wheat and rice
Komplete[®] Oven Baked Muesli
Sustain[®]

Snacks

Source of Fibre (≥ 1.5g/serve)

Kellogg's[®] Muesli Bars Choc Chip
Kellogg's[®] Muesli Bars Choc Honeycomb
Kellogg's[®] Muesli Bars Choc Malt
Kellogg's[®] Muesli Bars Choc Vanilla Malt
K-time Muffin Bars[®] Apple Flavour
K-time Muffin Bars[®] Blueberry Flavour
K-time Twists[®] Apple & Cinnamon Flavour
K-time Twists[®] Raspberry & Apple
K-time Twists[®] Strawberry & Blueberry
K-time Twists[®] Strawberry & Yoghurt Flavour

Please note the above dietary information is of a general nature. Kellogg recommends that people with special dietary requirements or dietary sensitivities consult a medical practitioner and/or dietitian to obtain advice about specific dietary needs and suitable products. Kellogg also recommends that people with special dietary requirements check the ingredients list regularly as product formulations may change over time.

For further information, please contact Kellogg's Nutrition Advisory Service.

Kellogg (Aust) PTY LTD, 41-51 Wentworth Ave, Pagewood NSW 2019. Telephone 1800 000 474.

Or in New Zealand contact Kellogg's Nutrition Advisory Service, PO Box 9598 Newmarket, Auckland. Telephone 0800 881 889.

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