



Sheet Facts

Glycaemic Index values of Kellogg's® products

At Kellogg we have had a number of our products tested for G.I. which are listed below.

Breakfast Cereals

LOW GI (≤55)

All-Bran®	30
Frosties®	55
Guardian®	37
Komplete® Oven Baked Muesli	48
Special K®	54
Sustain®	55

MEDIUM GI (56-69)

Coco Pops® Coco Rocks®	57
Froot Loops®	69
Just Right® Original	60
Mini-Wheats® Blackcurrant Flavour	63
Mini-Wheats® 5 Grains	60
Mini-Wheats® Golden Honey	58
Nutri-Grain®	66

HIGH GI (≥70)

All-Bran® Wheat Flakes	74
Coco Pops®	77
Corn Flakes	77
Crispix®	87
Crunchy Nut Corn Flakes	72
Rice Bubbles®	87
Sultana Bran	73
Corn Flakes Wholegrain from Wheat and Rice	73

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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