

Nutrition values for Kellogg's and Be Natural breakfast cereals																		
	Health Star Rating	Per 100 g								Per serve								
		Energy (kJ)	Protein (g)	Fat (g)	Sat Fat (g)	CHO (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Serve size	Energy (kJ)	Protein (g)	Fat (g)	Sat Fat (g)	CHO (g)	Sugars (g)	Fibre (g)	Sodium (mg)
All-Bran® Apple flavoured Crunch	4.5 stars	1480	10.1	2.4	0.3	63.4	18.9	17.2	285	40	590	4.0	1.0	0.1	25.4	7.6	6.9	114
All-Bran® High Fibre Muesli Almond & Apricot with Sultanas and Pepita Seeds	4.5 stars	1600	12	10.5	1.5	52.8	15.9	13.8	105	45	720	5.4	4.7	0.7	23.8	7.2	6.2	47
All-Bran® High Fibre Muesli Cranberry & Pink Lady Apple with Pepita Seeds	4.5 stars	1580	11.1	8.8	1.7	55.9	14.3	13.9	90	45	710	5.0	4.0	0.8	25.2	6.4	6.3	40
All-Bran® Original	5 stars	1370	13.9	2.7	0.5	46.8	16.7	29.5	360	45	620	6.3	1.2	0.2	21.1	7.5	13.3	162
All-Bran® Cranberry and Coconut (Aldi only)	4.5 stars	1450	10.4	3.3	1.6	58.5	21.4	19	300	40	580	4.2	1.3	0.6	23.4	8.6	7.6	120
All-Bran® Wheat Flakes	5 stars	1440	11.7	2	0.4	59.6	11.6	19.3	370	40	580	4.7	0.8	0.2	23.8	4.6	7.7	148
All-Bran® Honey Almond	4.5 stars	1530	11	5	0.5	60.5	23.9	16.1	315	40	610	4.4	2.0	0.2	24.2	9.6	6.4	126
Coco Pops®	2 stars	1600	4.6	0.4	0.2	87.9	36.5	1.7	425	30	480	1.4	0.1	0.1	26.4	11	0.5	127
Coco Pops® Chex®	2 stars	1570	7	0.4	0.3	82.9	37.4	3.3	530	30	470	2.1	0.1	0.1	24.9	11.2	1	159
Coco Pops® Choco's (NZ only)	2 stars	1560	9.3	0.8	0.4	77.4	33.4	7.4	95	30	470	2.8	0.2	0.1	23.2	10	2.2	28
Coco Pops® Spots (Aldi only)	2 stars	1610	5.6	0.4	0.2	87.1	28.2	1.9	420	30	480	1.7	0.1	0.1	26.1	8.5	0.6	126
Corn Flakes	3.5 stars	1550	7.4	0.2	< 0.1	80.7	8.1	5.1	550	35	540	2.6	0.1	< 0.1	28.2	2.8	1.8	192
Corn Flakes Gluten Free	3.5 stars	1580	8.2	0.5	0.1	81.5	7.1	4	590	35	550	2.9	0.2	< 0.1	28.5	2.5	1.4	206
Crispix®	2 stars	1620	5.7	0.3	0.1	88.3	28.2	1.6	530	30	490	1.7	0.1	< 0.1	26.5	8.5	0.5	159
Crunchy Nut® Clusters	2 stars	1710	7.3	6.7	1.1	77.3	28.9	3.3	360	35	600	2.6	2.3	0.4	27.1	10.1	1.2	125
Crunchy Nut® Corn Flakes	2 stars	1660	6.5	3.3	0.5	82.6	31.7	2.5	375	35	580	2.3	1.2	0.2	28.9	11.1	0.9	131
Froot Loops®	2 stars	1640	6.4	1.5	0.5	85.5	38.0	2.4	340	30	490	1.9	0.4	0.2	25.6	11.4	0.7	102
Frosties®	2 stars	1590	4.6	0.1	0.1	87.7	41.3	2.4	320	30	480	1.4	< 0.1	< 0.1	26.3	12.4	0.7	96
Guardian®	5 stars	1440	9.3	1.2	0.3	62.3	11.8	21.8	200	40	570	3.7	0.5	0.1	24.9	4.7	8.7	80
Just Right® Fruit & Nut Fusion (NZ only)	4 stars	1540	8.7	2.8	0.5	72.4	19.4	6.8	80	40	620	3.5	1.1	0.2	29	7.8	2.7	32
Just Right® Goji Berries, Cranberries & Sultanas (NZ only)	4 stars	1500	7.6	1.8	0.3	73.7	27.0	6.6	80	40	600	3.0	0.7	0.1	29.5	10.8	2.6	32
Just Right® Original	4 stars	1470	8.6	1.7	0.4	69.5	28.7	10.2	30	40	590	3.4	0.7	0.2	27.8	11.5	4.1	12

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Kellogg's® Baked Muesli Breakfast Biscuits Cranberries and Almonds	4 stars	1860	9.7	16.9	1.6	59.8	17.2	6.9	190	40	740	3.9	6.8	0.6	23.9	6.9	2.8	76
Kellogg's® Baked Muesli Breakfast Biscuits Orange Peel and Chia Seeds	4 stars	1820	9.7	15.8	1.6	59.5	16.9	7.6	200	40	730	3.9	6.3	0.6	23.8	6.8	3	80
Kellogg's® Baked Muesli Breakfast Biscuits Gluten Free Apricot, Fig and Raisin	3 stars	1830	4.7	13.6	1.3	71	21.1	4.7	230	40	730	1.9	5.4	0.5	28.4	8.4	1.9	92
Kellogg's® Baked Muesli Breakfast Biscuits Gluten Free Date and Apple	3 stars	1820	4.5	13.1	1.2	71.4	22.3	5	230	40	730	1.8	5.2	0.5	28.6	8.9	2	92
Kellogg's® Disney Frozen Cereal	4 stars	1510	7.2	0.6	0.1	75	22.2	11	145	30	450	2.2	0.2	< 0.1	22.5	6.7	3.3	43
Kellogg's® Spider-Man Cereal (exclusive to Coles)	3.5 stars	1560	9.3	0.8	0.4	77.4	33.4	7.4	95	30	470	2.8	0.2	0.1	23.2	10	2.2	28
Kellogg's® Star Wars™ Cereal (exclusive to Woolworth's)	4 stars	1550	9	0.5	0.3	77.3	26.6	7.8	180	30	460	2.7	0.2	0.1	23.2	8	2.3	54
Kellogg's® Finding Dory Cereal	4 stars	1540	8.3	0.9	0.2	76.3	16.0	8.8	120	30	460	2.5	0.3	0.1	22.9	4.8	2.6	36
Mini-Wheats® Little Bites Original	4.5 stars	1550	10	1.8	0.5	72.4	14.6	9.9	5	30	460	3.0	0.5	0.2	21.7	4.4	3	1
Nutri-Grain®	4 stars	1550	21.2	0.6	0.1	66.4	26.7	5.1	360	40	620	8.5	0.2	< 0.1	26.6	10.7	2	144
Nutri-Grain® Honey Flavoured Crunch	2 stars	1550	21.2	0.6	0.1	66.4	26.7	5.1	360	40	620	8.5	0.2	< 0.1	26.6	10.7	2	144
Nutri-Grain® Ice Break Real Coffee Ice Cold flavour	4 stars	1550	21.2	0.6	0.1	66.4	26.7	5.1	360	40	620	8.5	0.2	< 0.1	26.6	10.7	2	144
Nutri-Grain® Edge Oat Clusters Original - Malt, Peanuts & Cashews	4 stars	1800	12.3	14.2	2	59.3	20.4	7.1	210	45	810	5.5	6.4	0.9	26.7	9.2	3.2	94
Rice Bubbles®	3 stars	1600	8	0.5	0.1	83.9	8.7	2.3	415	35	560	2.8	0.2	< 0.1	29.4	3	0.8	145
Rice Bubbles® Multigrain Shapes	4 stars	1510	7.2	0.6	0.1	75	22.2	11	145	30	450	2.2	0.2	< 0.1	22.5	6.7	3.3	43
Special K Advantage®	4.5 stars	1470	13.6	0.9	0.1	62.6	18.5	17.6	310	40	590	5.4	0.4	< 0.1	25	7.4	7	124
Special K® Apple and Cinnamon	4 stars	1560	17.5	0.7	0.1	69.1	22.3	7.2	330	40	620	7.0	0.3	< 0.1	27.7	8.9	2.9	132
Special K Nourish® with Apricot, Cranberry & Almond	4.5 stars	1570	14.1	6.5	0.7	58.2	22.6	13.1	255	40	630	5.6	2.6	0.3	23.3	9	5.2	102
Special K Nourish® with Blackcurrant, Apple & Pepitas	4.5 stars	1550	15.2	5	0.9	58	20.1	14.7	260	40	620	6.1	2.0	0.4	23.2	8	5.9	104
Special K Nourish® with Wildberry, Raisin & Pepita	4.5 stars	1520	13.7	4.5	0.8	60.5	26.8	11.9	250	40	610	5.5	1.8	0.3	24.2	10.7	4.8	100

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Special K® Forest Berries	4 stars	1550	18.2	0.8	0.1	68	24.9	6.5	325	40	620	7.3	0.3	< 0.1	27.2	10	2.6	130
Special K® Fruit & Nut	4 stars	1570	15.5	4.5	0.4	63.2	19.6	8.1	310	40	630	6.2	1.8	0.2	25.3	7.8	3.2	124
Special K® Gluten Free	3 stars	1590	6.5	1.4	0.3	82.5	13.8	3.3	500	40	640	2.6	0.6	0.1	33	5.5	1.3	200
Special K® Honey Almond	4 stars	1630	17.7	3.3	0.4	68.2	20.8	5.8	310	40	650	7.1	1.3	0.2	27.3	8.3	2.3	124
Special K® Oats & Honey	4.5 stars	1540	15.7	2.1	0.3	65.8	19.6	9.4	225	40	620	6.3	0.8	0.1	26.3	7.8	3.8	90
Special K® Original	4 stars	1540	19.7	0.7	0.1	66.5	14.5	6.5	360	40	620	7.9	0.3	< 0.1	26.6	5.8	2.6	144
Special K® PROTEIN Crunchy 3 Grain Granola Flaked Almonds, Cranberries & Pepitas	4 stars	1690	13.5	12	1.5	55.2	17.9	9.8	100	45	760	6.1	5.4	0.7	24.8	8.1	4.4	45
Special K® PROTEIN Crunchy 3 Grain Granola Flame Raisin & Red Apple	4 stars	1580	11.6	7	1	61	18.6	10.9	100	45	710	5.2	3.2	0.4	27.4	8.4	4.9	45
Sultana Bran Buds®	4.5 stars	1420	8.2	0.7	0.2	66.4	23.8	15.1	150	35	500	2.9	0.2	0.1	23.3	8.3	5.3	52
Sultana Bran Extra® with Oat Clusters	4 stars	1460	9.4	2	0.5	65	28.8	14.6	220	45	660	4.2	0.9	0.2	29.2	13	6.6	99
Sultana Bran®	4.5 stars	1410	9.5	1.7	0.4	62.9	22.7	14.9	270	45	640	4.3	0.8	0.2	28.3	10.2	6.7	121
Sustain®	4 stars	1540	8.7	2.8	0.5	72.4	19.4	6.8	80	40	620	3.5	1.1	0.2	29	7.8	2.7	32
Be Natural® 5 Whole Grain flakes with Quinoa	4.5 stars	1520	9.7	1.5	0.3	71	12.0	11.5	245	40	610	3.9	0.6	0.1	28.4	4.8	4.6	98
Be Natural® Cashew, Almond, Hazelnut & Coconut with Quinoa	4.5 stars	1740	12.7	14.8	3.9	49.6	12.0	17.1	195	35	610	4.4	5.2	1.4	17.4	4.2	6	68
Be Natural® Pink Lady Apple & Flame Raisin with Quinoa	4.5 stars	1530	8.3	4.5	0.6	65.3	17.1	14.1	210	40	610	3.3	1.8	0.2	26.1	6.8	5.6	84
Be Natural® Golden Whole Grain Bites Cinnamon	4.5 stars	1480	9.2	1.3	0.3	69.6	11.9	11.1	5	45	660	4.1	0.6	0.1	31.3	5.4	5	2
Be Natural® Golden Whole Grain Bites Original	5 stars	1470	10.3	1.5	0.3	67.3	8.7	11.9	5	45	660	4.6	0.7	0.1	30.3	3.9	5.4	2
Be Natural® Coco-Nutty Granola Coconut, Almond, Spelt and Cinnamon	3 stars	1810	11.2	16.1	4.7	55.5	16.9	9.9	175	40	720	4.5	6.4	1.9	22.2	6.8	4	70
Be Natural® Coco-Nutty Granola Coconut, Spelt and Fig	3 stars	1760	10.6	14.3	5.4	56.9	16.4	10.2	165	40	700	4.2	5.7	2.2	22.8	6.6	4.1	66