Which cereal is the healthiest option?

How healthy is your breakfast cereal?

NUTRITION			GDA	
Typical values	per 100g	per pack	adult	per pack
Energy kJ	450	1345		
Energy kcal	105	315	2000	16%
Protein	7.9g	23.7g	45g	53%
Carbohydrate	8.8g	26.4g	230g	11%
of which sugars	1.2g	3.6g	90g	4%
Fat	4.2g	12.6g	70g	18%
of which saturates	2.7g	8.1g	20g	41%
Fibre.	1.2g	3.6g	24g	15%
Sodium	0.24g	0.72g	2.4g	30%
Equivalent as salt	0.60g	1.80g	6g	30%

GDA = Guideline daily amount

Nutrition Facts

Serving Size 1 Bowl (69g)
Servings Per Container 1

Amount Per Serving	
Calories 290	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**19%**
Saturated Fat 3.5g	**17%**
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 5g	**20%**
Sugars 9g	
Protein 7g	
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4