

Which cereal is the healthiest option?

How healthy is your breakfast cereal?

Cheerios
Toasted Whole Grain Oat Cereal

Nutrition Facts
Serving Size 1 cup (28g)
Children Under 4 - 3/4 cup (21g)
Servings Per Container for Children Under 4 - about 19

Amount Per Serving	Cheerios	with 1/2 cup skim milk	Canal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10
Total Fat 2g*	0%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0mg
Cholesterol 0mg	0%	1%	140mg
Sodium 190mg	8%	11%	130mg
Potassium 170mg	5%	9%	15g
Total Carbohydrate 20g	7%	11%	2g
Dietary Fiber 3g	11%	11%	0g
Soluble Fiber 1g			1g
Sugars 1g			12g
Other Carbohydrate 16g			2g
Protein 3g			9%

Ingredients: WHOLE GRAIN OATS, MODIFIED CORN STARCH, SUGAR, OAT BRAN, SALT, CALCIUM CARBONATE, DIETARY FIBER, TRIPOTASSIUM PHOSPHATE, CORN STARCH, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS, VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN B₆, PYRIDOXINE (ISOXAL ASCORBATE), A B VITAMIN (NICOTINAMIDE), VITAMIN B₁₂, VITAMIN C HYDROXY OROIDE, VITAMIN B₂ (RIBOFLAVIN), VITAMIN D₃ (TRIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁, VITAMIN D.

DIST. BY General Mills Cereals, LLC
GENERAL OFFICES, MPLS., MN 55440 USA
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May be sold under U.S. Pat. Nos. 5,433,400; 6,223,109; 7,021,225

Exchange: 1 1/2 Starch
Exchange calculations based on the Exchange Lists for Meal Planning ©2000 The American Dietetic Association, The American Diabetes Association.

NUTRITION	per 100g		GDA	
	per 100g	per pack	adult	per pack
Typical values				
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

Weetabix
THE WHOLEGRAIN CEREAL

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LOCALLY SOURCED QUALITY WHEAT

WEETABIX QUALITY WHEAT

ALL GROWN BY OUR LOCAL FARMERS

- Wholegrain
- High in fibre
- Low in fat
- Low in sugar

Kellogg's FROSTED FLAKES
OF CORN

THEY'RE GR-R-R-EAT!

NET WT 14 OZ (396g)

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

Amount Per Serving	Calories from Fat 110
Calories 290	
	% 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 diet of other people's secretaries.
Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than 65g	30g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	37g
Dietary Fiber	25g	30g

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