

WHAT'S FOR BREAKFAST?

BREAKFAST CEREALS ARE A POPULAR CHOICE



ATE BREAKFAST CEREAL AT BREAKFAST AND THE AVERAGE PORTION SIZE IS

42g



THE MOST POPULAR BREAKFAST CEREALS WERE



BREAKFAST CEREAL CONSUMERS HAD

5x



INTAKE AT BREAKFAST THAN PEOPLE WHO ATE OTHER BREAKFASTS (155ML VS 31ML)

THE MOST COMMON FOODS EATEN BY PEOPLE WHO DID NOT EAT BREAKFAST CEREALS



BREAD & MARGARINE



SUGAR, HONEY & SYRUPS



COFFEE & TEA

NOT SO SWEET!

62%

OF AUSTRALIANS HAD BREAKFAST CEREALS WITH LOWER SUGARS*



* <15g/100g