

Brekkie Cereal

CEREALOUSLY SOMETHING FOR EVERYONE



85%



ARE A SOURCE OF FIBRE

AUSTRALIANS
HAVE MORE
THAN

441



TO CHOOSE FROM

77%

CARRY THE
HEALTH STAR RATING
OF WHICH

85%

HAVE 4-5 STARS

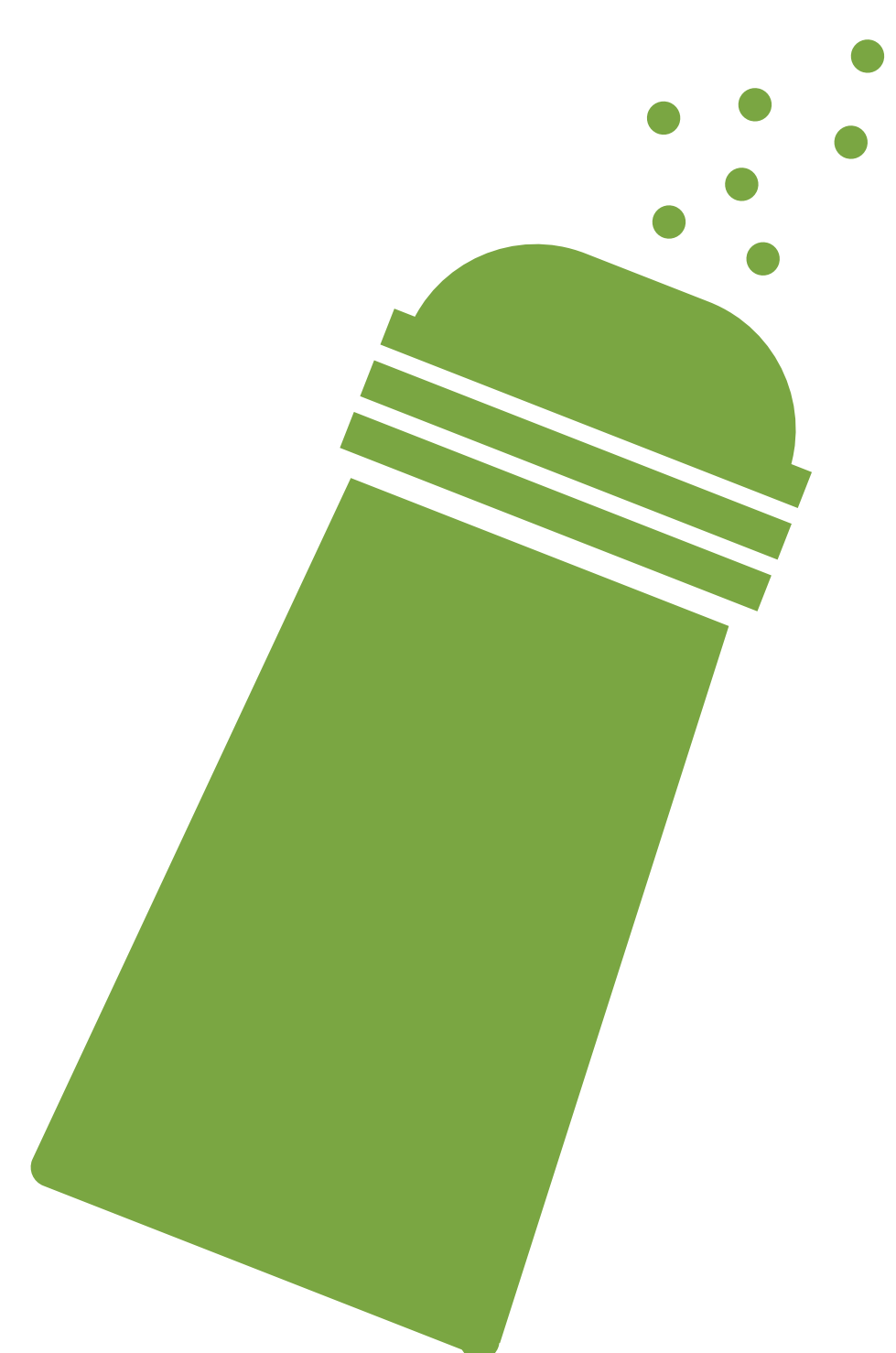


68%

ARE HIGH IN
WHOLE GRAINS

94%

MEET THE AUSTRALIAN
GOVERNMENT'S
BENCHMARK FOR SODIUM



HAVE LESS THAN TWO TEASPOONS
OF TOTAL SUGARS IN A 40G SERVE



AUSTRALIAN
BREAKFAST
CEREAL
MANUFACTURERS
FORUM

Reference: Grains & Legumes Nutrition Council (GLNC).
GLNC 2018 Breakfast Cereal Audit. Unpublished: 2018