

HOW TO SCREEN BREAKFAST CEREALS



TOP 3 INGREDIENTS

Be heart savvy. Breakfast cereals that are high in fat or sugar have the culprit ingredients listed as the first three ingredients.

SUGAR

SOURCE

Check for words such as sugar, syrups, honey or molasses. These are all added sugars.

Aim

<15g/100g

SUGAR



FAT

SOURCE



Aim

<10g/100g

FAT

Fats from nuts & seeds are better choices than fat derived from butter or oil to 'toast' and flavour the cereal.

FIBRE

SOURCE

Fibre from whole grains, nuts, seeds & dried fruit are healthy choices. Fibre keep bowels regular and bellies full for longer.

Aim

>5g/100g

FIBRE

