

HFG guide to cereal



Nutritionist **Rose Carr** puts breakfast cereals in the spotlight and finds star performers

Healthy Food Guide picks

Kellogg's Wholegrain Mini-wheats – Blackcurrant flavour



Per 100g: 15.9g sugars, 15mg sodium, 9g fibre, 0.3g saturated fat
Per 40g serve (2/3 cup): \$0.63

A fun cereal sweet enough to appeal to kids. Mini-wheats taste good, stay crunchy in milk, and make for a great snack any time.

Hubbards Fruitful Lite



Per 100g: 19.9g sugars, 110mg sodium, 8.1g fibre, 1.0g saturated fat
Per 45g serve (1 cup): \$0.39

Looks interesting with the variety of cereals providing different textures. Nice and chewy with a sweet, tropical fruit flavour.

Sanitarium Weet-Bix Apricot Bites



Per 100g: 22.4g sugars, 275mg sodium, 9.2g fibre, 0.2g saturated fat
Per 45g serve: \$0.67

We loved these. Great for breakfast or a snack during the day. The sweetness of apricots is perfect – no need to add sugar.

WeightWatchers Superfruits Muesli



Per 100g: 24.3g sugars, 197mg sodium, 8.6g fibre, 0.4g saturated fat
Per 45g serve: \$0.49

Good variety of textures with puffed rice, flakes, oats, and chewy fruits. Nice flavour with good sweetness.

Ceres Organics Organic Honey Toasted Muesli



Per 100g: 13.2g sugars, 9mg sodium, 10.3g fibre, 2.0g saturated fat
Per 50g serve: \$0.58

A tasty balance of oats, raisins, and sunflower seeds made this cereal a fave. It tastes homemade and we like that it's not too crunchy.

Your checklist

Refer to the 'per 100g' column on the nutrition information panel and these criteria to help you choose a good cereal:

Sugars: less than 15g.

For cereals with dried fruit: less than 25g

Sodium: less than 400mg

Fibre: more than 5g

For children: less than 15g

Saturated fat: less than 3g