

# CEREALS: THE FULL BREAKDOWN

Children's cereals are highlighted in blue. Those marked (H) are defined healthier according to the FSA nutrient profiling model.

PRODUCT	(per 100g)	SUGAR	FAT	SATURATES	SALT
<b>CORN</b>					
Asda Cornflakes		8.9g	1.2g	0.4g	0.8g
Asda Honey Nut Cornflakes		33.6g	4.5g	0.9g	0.8g
Kellogg's Corn Flakes		8g	0.9g	0.2g	1.8g
Kellogg's Crunchy Nut		35g	5g	0.9g	1.15g
Kellogg's Crunchy Nut Nutty		33g	10g	2g	1g
<b>Kellogg's Frosties</b>		37g	0.6g	0.1g	1.15g
Kellogg's Multi-Grain Corn Flakes		14g	1.5g	0.4g	1g
Morrisons Corn Flakes		8.9g	1.2g	0.4g	0.7g
Morrisons Honey Nut Corn Flakes		33.6g	4.5g	0.9g	1.8g
Sainsbury's Corn Flakes		8.9g	1.2g	0.4g	0.74g
Sainsbury's Honey Nut Corn Flakes		33.6g	4.5g	0.9g	0.74g
Tesco Corn Flakes		8.9g	1.2g	0.4g	1.6g
Tesco Honey Nut Corn Flakes		33.6g	4.5g	1g	1.1g
Whole Earth Organic Corn Flakes		4g	0.8g	0.2g	1.8g
<b>MULTI-GRAIN</b>					
<b>Dorset Cereals Breakfast Projects No.1 Original</b>		18.4g	1.7g	0.4g	0.7g
<b>Dorset Cereals Breakfast Projects No.2 Apple</b>		26.1g	1.8g	0.5g	0.6g
Dorset Cereals Naturally Light Flakes with Cranberries, Cherries & Raspberries		8.1g	1.7g	0.5g	1.1g
Dorset Cereals Tasty, Toasted Spelt, Barley & Oat Flakes		26.2g	11.3g	2.6g	1g
Familia Swiss A.C.E. Balance Cereal		21g*	18g	5g	0.325g
Jordans Country Crisp Flame Raisin		33g	12.9g	3.6g	0.37g
Jordans Country Crisp Strawberry		24g	15.9g	4.5g	0.42g
<b>Kellogg's Coco Pops Coco Rocks</b>		32g	10g	3.5g	0.9g
<b>Kellogg's Coco Pops Moons &amp; Stars</b>		37g	4.5g	2.5g	1g
Kellogg's Crunchy Nut Bites		33g	15g	7g	1.5g
Kellogg's Crunchy Nut Clusters Honey & Nut		25g	15g	5g	1g
Kellogg's Crunchy Nut Clusters Milk Chocolate Curls		31g	18g	6g	0.9g
<b>Kellogg's Honey Loops</b>		34g	3g	0.6g	1.8g
Kellogg's Just Right		22g*	2g	0.4g	1.3g

Kellogg's Multi-Grain Start	26g	3.5g	2g	1g
Kellogg's Rice Krispies Multi-Grain Shapes (H)	18g	2.5g	0.5g	0.4g
Kellogg's Special K Medley	22g*	2.5g	0.4g	1.15g
Nature's Path Organic Millet Rice Oat Bran Flakes Cereal	12.2g	5.8g	1.1g	0.925g
<b>Nestlé Cheerios</b>	21.6g	3.9g	1.1g	1.2g
<b>Nestlé Cheerios Honey</b>	35.1g	2.8g	0.8g	0.5g
<b>Nestlé Cookie Crisp</b>	35.3g	3.4g	1.1g	1g
Nestlé Curiously Cinnamon (formerly known as Cinnamon Grahams)	32.8g	9.9g	3.8g	1.2g
<b>Nestlé Nesquik</b>	35g	3.8g	1.6g	0.6g
<b>Whole Earth Organic Tasty Cocoa Bears</b>	36g	1.5g	0.5g	0.5g
<b>OAT</b>				
Weetabix Oatibix	3.2g	8g	1.3g	0.38g
Alpen Luxury Oat Flakes & Clusters	23.2g	13.9g	1.5g	0.2g
Jordans Crunchy Oats The Original with raisins, almonds & honey	28.8g	13g	2.4g	Trace
Jordans Crunchy Oats The Original with special fruits and nuts	32.3g	13.5g	4.2g	Trace
Kellogg's Crunchy Oatbakes	32g	15g	7g	0.5g
Kellogg's Optivita Berry Oat Crisp	20g*	5g	0.9g	0.03g
Kellogg's Optivita Raisin Oat Crisp	27g*	4.5g	0.7g	Trace
Mornflake Traditional Crunchy	26.8g	12.9g	5.2g	Trace
Nestlé Almond Oats & More	26.7g	8.9g	1.1g	0.7g
<b>Nestlé Cheerios Oats</b>	21.5g	5.6g	1.2g	1.2g
Nestlé Honey Oats & More	29.5g	5.3g	1.1g	0.7g
Nestlé Raisin Oats & More	32.4g*	4.7g	1g	0.6g
Quaker Oat Crisp	13g	6.8g	1.3g	0.8g
Weetabix Oatibix Bites	14.2g	6.8g	1.1g	0.75g
Weetabix Oatibix Bites Sultana & Apple	19.3g	6g	1g	0.68g
Weetabix Oatibix Bitesize Chocolate & Raisin	20.5g	10g	3.9g	0.58g
Weetabix Oatibix Flakes	14.3g	5.6g	0.9g	0.3g
<b>RICE</b>				
<b>Asda Choco Snaps</b>	36g	2.9g	1.7g	0.8g
Kallo Organic Honey Puffed Rice Wholegrain	25g	3.5g	1.3g	0.03g
<b>Kellogg's Coco Pops</b>	34g	3g	1.5g	1.15g
<b>Kellogg's Rice Krispies</b>	10g	1g	0.2g	1.65g
<b>Kellogg's Ricicles</b>	37g	0.8g	0.1g	1.15g
<b>Morrisons Choco Crackles</b>	38.4g	2.4g	1.3g	1g
<b>Sainsbury's Choco Rice Pops</b>	36g	2.9g	1.7g	0.74g
<b>Tesco Choco Snaps</b>	36g	2.9g	1.7g	0.7g

<b>RICE &amp; WHEAT</b>				
Asda Vitality	12g	1.4g	0.3g	0.8g
Kellogg's Special K	17g	1.5g	0.5g	1.15g
Kellogg's Special K Bliss Creamy Berry Crunch	23g*	3g	1.5g	0.9g
Kellogg's Special K Red Berries	23g*	1.5g	0.5g	1g
Kellogg's Special K Sustain	21g	2g	0.2g	1.15g
Sainsbury's Be Good To Yourself Balance – less than 3% fat	15.7g	1.3g	0.2g	1.6g
Tesco Special Flakes	11.6g	1.9g	0.6g	2g
<b>WHEAT</b>				
Asda Wheat Bisks	4.4g	2g	0.6g	0.7g
Grape-nuts	7g	2g	0.4g	1.3g
Kellogg's All-Bran	17g	3.5g	0.7g	1.15g
Kellogg's Bran Flakes	22g	2g	0.5g	1.3g
Kellogg's Bran Flakes Sultana Bran	33g*	2g	0.5g	1.3g
<b>Kellogg's Coco Pops Mega Munchers</b>	34g	2.5g	1g	0.9g
Kellogg's Frosted Wheats	17g	2g	0.6g	0.05g
Kellogg's Fruit 'n Fibre	24g*	6g	3.5g	1.4g
Kellogg's Raisin Wheats	15g	2g	0.4g	0.05g
Morrisons Wheat Biscuits	4.4g	2g	0.6g	0.7g
Nestlé Clusters	23.3g	4.8g	1.5g	1.2g
<b>Nestlé Coco Shreddies</b>	29.4g	2g	0.7g	0.7g
<b>Nestlé Frosted Shreddies</b>	29g	1.6g	0.3g	0.7g
Nestlé Fruitful Shredded Wheat	20.2g*	5.2g	2.6g	0.028g
<b>Nestlé Golden Nuggets</b>	34g	1.5g	0.3g	1.2g
Nestlé Honey Nut Shredded Wheat	17.5g	6.5g	2.2g	Trace
<b>Nestlé Honey Shreddies</b>	30.3g	1.5g	0.3g	0.7g
Nestlé Shredded Wheat	0.9g	2.5g	0.5g	Trace
<b>Nestlé Shreddies (H)</b>	15.5g	1.9g	0.4g	0.9g
Sainsbury's Wholewheat Biscuits	4.4g	2g	0.6g	0.65g
<b>Sugar Puffs</b>	35g	1.6g	0.2g	Trace
Tesco Wheat Biscuits	4.4g	2g	0.6g	0.7g
Weetabix	4.4g	2g	0.6g	0.65g
Weetabix Crunchy Bran	13.7g	3.6g	0.7g	0.9g
Weetabix Minis Chocolate Crisp	24.6g	5.3g	2.8g	0.75g
Weetabix Minis Fruit & Nut Crisp	25.9g	4.6g	0.6g	0.63g
Weetabix Minis Honey & Nut Crisp	26.8g	5.1g	1.1g	0.63g
Weetabix Weetaflakes	12.5g	1.3g	0.2g	1g
Weetabix Weetaflakes with Raisin, Cranberry & Apple	30.9g	1.8g	0.5g	0.68g
<b>Weetabix Weetos (H)</b>	23.5g	4.9g	1g	0.23g

\*We couldn't apply traffic lights to sugar levels in these products. They appear high in sugar, but we couldn't tell how much of this was from fruit they contain and how much was added sugar. This distinction is needed to determine if they should have a red or an amber traffic light in the FSA system. We contacted the manufacturers for a breakdown of the sugar content, but it wasn't provided in time for publication.