

## How much salt, fat and sugar is in your cereal?

We apply traffic lights to 31 breakfasts

FLAKES					
	Serving size (g)	Fat (g) per 100g	Sugars (g) per 100g	Saturated fat (g) per 100g	Added sugar?
Jordans Country Crisp with Strawberries	45	20.8	14.9	4.7	0.03 ✓
Kellogg's All Bran	40	18	3.5	0.7	0.95 ✓
Kellogg's Bran Flakes	30	14	3.2	0.5	0.7 ✓
Kellogg's Corn Flakes	30	8	0.9	0.2	1.13 ✓
Kellogg's Crunchy Nut Corn Flakes	30	35	4.5	0.7	0.75 ✓
Kellogg's Frosties	30	37	0.6	0.1	0.83 ✓
Kellogg's Special K Original	30	15	1.5	0.3	1 ✓
Nestle Oats and More Almond Cereal	40	25	8.8	1.3	0.66 ✓
Nestle Shredded Wheat Original	45	0.7	2.2	0.5	0.05 ✓
Weetabix Cereal 48 Pack	37.5	4.4	2	0.6	0.28 ✓
MUESLIS					
Alpen No added sugar muesli	45	16	6.2	0.9	0.29 ✓
Alpen Original Swiss-style muesli	45	21	5.6	0.9	0.25 ✓
Dorset Cereals Simply Delicious Muesli	45	12.2	7.1	1	0.03 ✓
Dorset Cereals Simply Fruity Muesli	45	28	2.4	0.5	0.07 ✓
Jordans Fruit & Nut Muesli	45	23.9	8.1	3.1	0.03 ✓
Jordans Natural Muesli	45	15.8	3.6	0.7	0.03 ✓
GRANOLA					
Dorset Cereals Honey Granola	45	14.3	30.3	3.3	0.03 ✓
Dorset Cereals Simply Oat Granola	45	17.5	19.4	2.3	0.16 ✓
Jordans Crunch Nut Granola Fruit & Nut	45	23.8	12.5	3.6	0.03 ✓
Jordans Low Sugar Granola Cherry & Almond	45	4.8	14.3	2.2	0.03 ✓
Jordans Simply Granola	45	17.2	12.6	2.4	0.03 ✓
Quaker Raisin Oat Granola	45	22.5	9.2	1.2	0.01 ✓
Rude Health Granola Honey & Nuts	40	14	17	3.0	0.06 ✓
PORRIDGE					
Mornflake Golden Syrup Top Porridge Pot	82	28.6	4.9	0.8	0.15 ✓
Quaker Oat So Simple Original	27	1	7.7	1.3	trace ✓
Quaker Oat So Simple Apple & Blueberry	36	20.9	6.4	1.1	0.2 ✓
Quaker So Simple Golden Syrup	36	21.5	6.5	1.1	0.5 ✓
Quaker Oat So Simple Sultana, Raisin, Cranberry & Apple	38.5	26.2	5.7	0.9	0.23 ✓
Ready Brek Original Porridge	30	1	8.7	1.2	0.03 ✓
Rude Health Almond Butter with Sea Salt Porridge Pot	50	3.7	26.2	2.4	0.5 ✓
Rude Health Hazelnut Butter with Cacao Porridge Pot	50	3.7	24.3	6	0.1 ✓

Numbers in red = high proportion; amber = medium; green = low