



Ingredients, Allergens and Nutritional Information

**magic
breakfast**
fuel for learning

Kellogg's® Raisin Wheats			
<p><u>Ingredients:</u> Wholewheat (78%), Raisins*(29%), Humectant (Glycerol).</p> <p><u>Allergen Information:</u> Contains Wheat (gluten)</p> <p><u>Additional Information:</u></p> <ul style="list-style-type: none"> • Natural grains • High in fibre • No added sugar - contains naturally occurring sugars • No artificial colours or flavours • Suitable for vegetarians and vegans • Halal - HFA Approved • Kosher 			
Nutritional Profile	Per 100g	Per 45g serving	% RI per serving
Energy	328 kcal	148 kcal	7%
Fat	1.8 g	0.8 g	1%
Saturated Fat	0.2 g	0.1 g	1%
Carbohydrates	71 g	32 g	-
Sugar	13 g	5.9 g	7%
Fibre	7.6 g	3.4 g	17%
Protein	11 g	5.0 g	-
Salt	0.01 g	nil	1%

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Nestlé® Cheerios Vanilla O's			
<p>Ingredients: Whole Grain Oat Flour (31.5%), Whole Grain Wheat (31.5%), Whole Grain Barley Flour (19.0%), Fructo-Oligosaccharides, Wheat Starch, Sugar, Whole Grain Maize Flour (2.2%), Whole Grain Rice Flour (2.2%), Sunflower Oil, Calcium Carbonate, Salt, Flavourings, Antioxidant: (Tocopherols), Iron, Vitamins: C, B3, B5, B9, B6, B2, D.</p> <p>Allergen Information: Contains Wheat (gluten), Oat (gluten), Barley (gluten). May contain Milk and Nuts.</p> <p>Additional Information:</p> <ul style="list-style-type: none"> • Low in sugar • High in fibre • Added vitamins and minerals • Vegetarian • Kosher 			
Nutritional Profile	Per 100g	Per 30g serving	% RI per serving
Energy	369 kcal	111 kcal	6%
Fat	5.6 g	1.7 g	2%
Saturated Fat	1.0 g	0.3 g	2%
Carbohydrates	60.9 g	18.3 g	-
Sugar	4.5 g	1.4 g	2%
Fibre	17.9 g	5.4 g	27%
Protein	9.7 g	2.9 g	-
Salt	0.79 g	0.24 g	4%