

EVERYDAY SHOPPING: BREAKFAST CEREALS

HFG PICKS

ONES TO TRY

We think these are all healthy options. Mostly they meet all criteria in our checklist. The serving sizes vary. We used an average 40g serve to compare pricing, except for Weet-Bix, where two biscuits are a serve (50g).

■ Sanitarium Weet-Bix

A favourite for many as a quick, tasty, filling breakfast.

Per 100g: 11g fibre, 280mg sodium, 2.8g sugar.



■ Hubbard's Fruitful Breakfast Toasted Muesli with 20% Fruit

A light and nutty cereal with good texture.

Per 100g: 8.6g fibre, 13mg

sodium, 23.2g sugar.

■ Nicola's Organic Muesli, Maple Almond Toasted

The subtle maple flavouring in this muesli was a hit.

Per 100g: 10g fibre, 9mg sodium, 13g sugar.



■ Tasti Nut Crunch

HFG tasters enjoyed the nutty flavour and crunchy texture, and the plump jumbo raisins.

Per 100g: 7.6g fibre, 143mg sodium, 21.1g sugar.



■ Ceres Muesli Organic Light

Our tasters enjoyed the variety of textures in this wholesome muesli.

Per 100g: fibre – not stated, 37mg sodium, 15.4g sugar.



■ Vogel's Dark Berry Blend Muesli

A dense and tasty muesli, this was popular with those who like a more hearty breakfast.

Per 100g: 13.7g fibre, 12mg sodium, 19.9g sugar.



■ Sanitarium Light 'n' Tasty

A tasty, crunchy cereal with bursts of sweetness from the fruit.

Per 100g: 7.3g fibre, 308mg sodium, 25g sugar.



■ Kellogg's Special K Advantage

Our tasters enjoyed the crunchy texture and malty flavour.

Per 100g: 15.6g fibre, 395mg sodium, 16.1g sugar.



Breakfast cereal checklist

Choose cereal with...

✓ More fibre

Aim for more than 10g per 100g. More fibre is good for adults, but for children no more than 15g per 100g.

✓ Less sodium

Aim for less than 400mg per 100g. Even better, choose a cereal with no added salt.

✓ Less sugar

Aim for less than 15g sugar per 100g; For cereals with dried fruit, aim for less than 25g per 100g.

✓ Whole grains

These cereals are higher in vitamins and fibre.