

Breakfast cereals for healthy eating

Aim for low sugar, high fibre

These are suggestions and should be followed according to the advice you have been given by your Dietitian.

Please note, some of the breakfast cereals below may contain more than 5g sugar per 100g, but have been listed because they contain a significant amount of fibre.

The recommended portion of breakfast cereal is three tablespoons, or two tablespoons for muesli.

Shredded wheat® (original)	All Bran®
Grape Nuts®	Shreddies®
Weetabix® (all types except Weetabix Minis®)	Weetabix Crunchy Bran®
Mornflake Oatbran Flakes®	Branflakes®
Porridge Oats (any plain brand)	All Bran Golden Crunch®
Oatibix®	Ready Brek® (original)
Raisin Wheats®	No added sugar muesli
Special K Porridge® (any flavour)	



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Date issued: January 2016
For review: January 2018
Ref: C-138/dietetics/WK/breakfast cereals for healthy eating