

- ・ オールブラン



(4.5cm × 10cm)

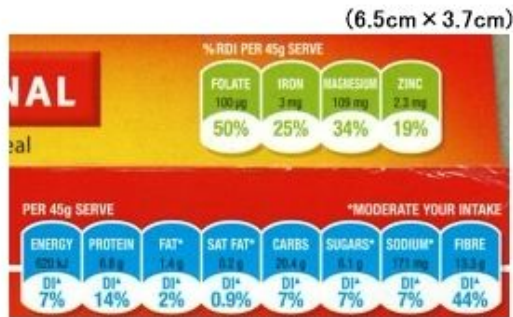
Nutrition Information
(AVERAGE)
servings per package - 7
average serving size - 45g (3/4 metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup skim milk	quantity per 100g
ENERGY	620 kJ	7%	810 kJ	1370 kJ
PROTEIN	6.8 g	14%	11.4 g	15.0 g
FAT, TOTAL	1.4 g	2%	1.5 g	3.0 g
- SATURATED	0.2 g	0.9%	0.4 g	0.5 g
CARBOHYDRATE	20.4 g	7%	26.9 g	45.4 g
- SUGARS	6.1 g	7%	12.6 g	13.6 g
DIETARY FIBRE	13.3 g	44%	13.3 g	29.5 g
- SOLUBLE	1.5 g	-	1.5 g	3.3 g
- INSOLUBLE	11.8 g	-	11.8 g	26.2 g
SODIUM	171 mg	7%	228 mg	380 mg
POTASSIUM	421 mg	-	627 mg	935 mg
		% RDI*		
THIAMIN (VIT B1)	0.28 mg	25%	0.33 mg	0.61 mg
RIBOFLAVIN (VIT B2)	0.4 mg	25%	0.7 mg	1 mg
NIACIN	2.5 mg	25%	2.6 mg	5.6 mg
FOLATE	100 µg	50%	106 µg	222 µg
IRON	3 mg	25%	3.1 mg	6.7 mg
MAGNESIUM	109 mg	34%	124 mg	242 mg
ZINC	2.3 mg	19%	2.8 mg	5.1 mg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.
▲ % Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
* % Recommended Dietary Intake (Aust/NZ) per serving.



(7cm × 1.5cm)



(6.5cm × 3.7cm)

Ingredients

Wheat bran (84%), sugar, barley malt extract, salt, vitamins (riboflavin, folate, thiamin), mineral (iron). (Natural source of zinc and magnesium)
CONTAINS GLUTEN CONTAINING CEREALS. MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.

INGREDIENTS: Son de blé (84%), sucre, extrait de malt d'orge, sel, vitamines (riboflavine, folate, thiamine), minéral (fer). (Source naturelle de zinc et de magnésium)
CONTIENT GLUTEN CONTENIR LES CÉRÉALES. PEUT CONTENIR DES TRACES DE CACAHUËTES ET/OU NOIX D'ARBRES.

(4.5cm × 3.5cm)

Wake up to breakfast

- Very high in Fibre ✓
- Good source of B1, B2 & Niacin ✓
- Good source of Folate ✓
- Good source of Iron ✓

A closer look

Fibre
Helps maintain digestive health.

B1, B2 & Niacin
Helps release energy from food.

Iron
Needed to help carry oxygen around the body for daily activity.

Folate
Needed for normal growth and development of cells and is especially important for women in their childbearing years.

NO PART OF A BALANCED DIET.