TO OPEN
SLIP THUMB UNDER TAB
LIFT GENTLY
BEST BEFORE
OLIJO
Weet-Bix
575g NET
BREAKFAST CEREAL
AUSSIE KIDS ARE WEET-BIX KIDS
Sanitarium
health & wellbeing
Weet-Bix
How many do you do?
575g
Sanitarium
Weet-Bix
How could you do yours?
easy berry
1 cup So Good Lite soymilk
1 Weet-Bix
1 chopped banana
½ cup berries
blend.
For more recipes go to www.weetbix.com.au
Sanitarium
Weet-Bix
How could you do yours?
bowl of summer
Weet-Bix with juicy mango slices, a dollop of yoghurt and a drizzle of refreshing passion fruit.
For more recipes go to www.weetbix.com.au
Weet-Bix has always been this good...
Low in sugar, like it's always been
High in vitamins B1, B2 & B3 for energy
High in iron to help fight tiredness and fatigue
NUTRITION INFORMATION (Average)
Raised on Weet-Bix
Want to chat..?
...we'd love to hear from you!
Made in Australia from at least 99% Australian ingredients
Weet-Bix
Nestlé MILO
10 Snack Bars Original
10 BAR PACK
Nestlé MILO
SOURCE OF FIBRE
10 Snack Bars Original
210g
Nestlé MILO
INGREDIENTS
Kellogg's
CORN FLAKES
www.kellogg.com.au
www.kellogg.co.nz
Kellogg's
CORN FLAKES
Contains vitamin C, iron and zinc
450g
Kellogg's
CORN FLAKES
Kellogg's
CORN FLAKES
OPEN
LET'S TALK
Just as Cornelius the Rooster heralds the start of a new day, so too does Kellogg's® Corn Flakes! For over 75 years Australians and New Zealanders have woken up to the crunchy, delicious taste of our crispy, golden flakes of corn. Some enjoy them with fruit and milk while others eat them straight out of the box!
Simple, Crunchy and Delicious.
450g
Kellogg's
CORN FLAKES
Nutrition Facts
About 113 servings per container
Serving size 1/2 cup dry (40g)
Amount per serving
Calories 150
% Daily Value
Total Fat 3g 4%
Saturated Fat 0.5g 3%
Trans Fat 0g
Polyunsaturated Fat 1g
Monounsaturated Fat 1g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 27g 10%
Dietary Fiber 4g 13%
Soluble Fiber 2g
Total Sugars 1g
Includes 0g Added Sugars 0%
Protein 5g
Vitamin D 3mg 0% • Calcium 20mg 2%
Iron 1.5mg 8% • Potassium 150mg 2%
Thiamin 0.2mg 10% • Phosphorus 130mg 10%
Magnesium 40mg 10%
WHEN IT COMES TO NUTRITION, IT'S HARD TO BEAT A BOWL OF QUAKER® OATS.
OLD FASHIONED OATS
TRY OUR OTHER VARIETIES
QUAKER OATS
OLD FASHIONED
QUAKER OATS
OLD FASHIONED