

Breakfast cereal brand, alphabetic sorted	Sorted to Nutrient Profiling scores November 2008 within each brand, scores <4 Better Nutrient Profile under P293 proposals	NP SCORE	Energy kJ	Protein	Saturated Fat	Sugars	Sodium	Fibre
Brand Alphabetic	Variant		PER 100g	g	g	g	mg	g
Alison Holst	Decadent Delight	8	1530	8.4	3.1	30.2	10	7.2
Budget	Cornflakes	11	1530	7.6	0.2	9.3	780	3.1
Budget	Cocoa Puffs Breakfast Cereal	18	1650	4.4	<1	44.0	485	n.s.
Ceres	Muesli Organic Light	0	1772	9.9	2.2	15.4	37	n.s.
Ceres	Muesli Organic Original	2	1610	10.2	1.5	10.8	11	n.s.
Ceres	Apricot and Almonds Organics Muesli	13	1800	9.3	5.6	16.4	11	n.s.
Freedom Foods	Rice Flakes w. Psyllium	-2	1650	7.5	1.2	11.4	51	6.6
Freedom Foods	Gluten Free Muesli	15	1910	11.1	12.3	24.3	30	18.3
Grain Health	Toasted Muesli	17	1900	8.7	9.8	17.9	479	10.8
Grain Products	Vita-Brits	-2	1480	11.6	0.1	2.3	385	10.1
Harraways	Wholegrain Oats	-7	1340	13.5	1.0	1.0	9	9.2
Harraways	Nicola's Organic Muesli, Manuka Honey Toasted	-3	1355	8.6	1.0	16.2	23	8.2
Harraways	Instant Apricot (480g)	-2	1325	11.5	1.4	19.9	26	9.9
Harraways	Nicola's Organic Muesli, Toasted	-1	1560	8.0	1.0	17.0	9	4.0
Healtheries	Muesli	-3	1630	12.8	1.6	9.8	22	10.2
Healtheries	Bircher Muesli Apple & Raisin	-2	1570	11.6	1.2	17.9	35	11.8
Homebrand	Wheat Biscuits	-3	1470	12.0	0.3	2.8	280	11.0
Signature	Wheat Biscuits	-3	1470	12.0	0.3	2.8	280	11.0
Homebrand	Crunchy Grain	5	1610	6.6	<1	25.1	288	3.7
Homebrand	Cornflakes	13	1520	9.0	<1	5.7	780	n.s.
Homebrand	Fruity Rings	14	1630	7.5	<1	24.1	469	n.s.
Home Brand	Cocoa Puffs Breakfast Cereal	18	1580	4.4	<1	44.0	485	n.s.
Hubbard's	Thank Goodness Not so Sweet	-4	1500	9.4	0.6	12.8	80	8.6
Hubbard's	Fruitful Breakfast, Toasted Muesli	-3	1640	8.3	3.0	23.2	13	8.6
Hubbard's	Fejoa Lite Reduced Fat Toasted Muesli	-3	1458	9.0	1.0	15.2	76	8.8
Hubbard's	Berry Berry Good	-2	1570	8.6	0.8	16.6	110	6.4
Hubbard's	Fruitful Porridge	-2	1600	10.0	1.3	17.8	42	7.3
Hubbard's	Berry Berry Light Reduced Fat Toasted Muesli	-2	1580	8.9	1.1	13.1	120	8.4
Hubbard's	Berry Berry Natural Muesli	-2	1500	10.0	2.0	17.4	24	10.4
Hubbard's	Oat Bran Muesli	-1	1680	10.5	1.8	16.0	8	11.6
Hubbard's	Fruitful Lite	-1	1571	8.9	0.9	19.8	111	8.0
Hubbard's	Light & Right Flakes, Apricot	0	1580	10.2	1.3	14.9	200	6.9
Hubbard's	Light & Right Flakes, Berry	0	1570	9.8	1.3	15.3	211	7.1
Hubbard's	Light & Right Flakes, Fejoa	0	1580	7.3	1.3	14.0	180	7.3
Hubbard's	Bran & Plum Flakes	0	1510	10.0	1.0	17.5	290	11.0
Hubbard's	Bran & Apricot Flakes	0	1500	9.6	0.4	15.6	340	11.3
Hubbard's	Blueberry Fruitful Flakes	1	1530	7.6	0.7	12.9	371	8.7
Hubbard's	Light & Right Flakes, Blackcurrant	1	1560	8.7	1.1	23.9	150	6.6
Hubbard's	Bran & Berries Flakes	1	1510	10.7	0.4	18.2	311	9.8
Hubbard's	Yours Fruitfully Natural Muesli	1	1510	9.3	3.6	19.7	9	9.7
Hubbard's	Berry Berry Nice Toasted Muesli	2	1830	9.4	4.9	17.6	6	10.7
Hubbard's	Honey Bee Good	2	1570	8.0	1.1	20.7	200	7.3
Hubbard's	Outward Bound, Berry	2	1540	8.2	0.4	24.9	350	7.1
Hubbard's	Honey Bumbles	4	1620	7.6	0.3	35.4	24	3.7
Hubbard's	Thank Goodness Gluten Free	4	1560	6.3	0.7	28.0	87	3.7
Hubbard's	Simply Toasted Muesli, Original	8	1770	11.3	5.0	18.9	7	9.1
Hubbard's	Berry Porridge	8	1610	9.0	1.4	21.4	380	7.9
Hubbard's	Simply Toasted Muesli, Apricot	9	1780	8.6	4.6	26.3	6	7.6
Hubbard's	Curiously Crunchy Clusters, Berry	9	1880	7.9	6.7	17.2	27	6.2
Hubbard's	Caramel Cashew Crunch Muesli	10	1830	11.7	6.7	21.1	12	9.3
Hubbard's	Very Fruitful Flakes	12	1630	7.3	1.6	45.3	271	7.3
Hubbard's	Outward Bound, Original	14	1560	8.7	0.4	29.9	440	5.6
Kellogg's	MiniWheats 5 Grains	-5	1510	11.3	0.3	8.8	5	12.2
Kellogg's	MiniWheats Blackcurrant Flavour	-4	1490	8.8	0.3	15.9	15	9.0
Kellogg's	MiniWheats Golden Honey	-4	1450	8.8	0.2	12.6	20	8.4
Kellogg's	Guardian	-2	1440	9.3	0.3	11.8	215	21.2
Kellogg's	Sustain Original	-1	1570	8.9	0.5	20.4	97	6.4
Kellogg's	All-Bran Wheat Flakes	0	1500	9.9	0.3	16.3	330	13.5
Kellogg's	Sultana Bran	0	1420	9.5	0.4	22.7	270	14.2
Kellogg's	All-Bran Original	1	1370	15.0	0.5	13.6	380	29.5
Kellogg's	Special K Advantage	1	1480	13.6	0.1	16.1	395	15.6
Kellogg's	Just Right Original	1	1490	8.8	0.4	31.2	30	8.5
Kellogg's	All-BranWheat Flakes Honey Almond	2	1530	11.0	0.5	26.1	325	15.6
Kellogg's	Special K Forest Berries	3	1570	18.1	0.2	25.7	335	4.3
Kellogg's	Special K, original	5	1570	19.7	0.1	14.5	536	2.5
Kellogg's	Corn Flakes	6	1580	7.8	0.2	7.9	720	2.6
Kellogg's	All-BranTropical	8	1420	10.7	1.3	27.3	230	18.7
Kellogg's	Komplete	8	1620	8.4	2.5	29.6	105	6.5

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Kellogg's	CocoPops CocoRocks	8	1560	10.2	0.3	28.5	340	8.1
Kellogg's	Rice Bubbles	8	1600	6.2	0.1	9.0	720	1.1
Kellogg's	Special K, Honey Almond	12	1600	17.7	0.4	24.0	510	2.4
Kellogg's	Crunchy Nut Corn Flakes	14	1660	6.5	0.5	31.7	470	2.5
Kellogg's	Nutrigrain	15	1600	21.9	0.1	32.0	600	2.7
Kellogg's	CocoPops Chex	15	1590	6.2	0.2	32.0	630	2.4
Kellogg's	Fruit Loops	16	1640	6.4	0.5	41.5	470	2.4
Kellogg's	Frosties	16	1610	4.6	<0.1	41.3	420	1.5
Kellogg's	CocoPops	17	1610	4.6	0.2	36.5	564	1.2
Kellogg's	Crispix	17	1630	6.6	0.1	24.0	725	1.0
Lowan	Rice Porridge with Orchard Fruits	-2	1390	6.7	1.0	14.4	11	8.0
Lowan	Cocoa bombs	6	1630	6.0	1.3	29.8	130	3.0
Nature's Path	Organic Heritage Flakes	0	1670	12.0	0.3	11.7	447	18.3
Nestle	Cheerios	8	1580	7.0	1.0	20.0	480	5.3
Nestle	Milo (new 60% more wholegrain version)	8	1660	10.5	2.3	29.5	125	5.3
Nestle	Nesquick Cereal	9	1610	7.4	1.6	31.5	240	5.2
Pam's	Wheat Biskits	-3	1480	12.2	<1	2.8	283	10.8
Pam's	Fruity Nut, Fruit & Fibre	2	1460	9.0	<1	24.7	313	12.7
Pam's	Tropical Mix Flakes cereal (45% fruit)	7	1460	6.9	<1	33.4	274	6.7
Pam's	Toasted Breakfast Muesli	8	1700	12.3	2.6	27.9	11	8.5
Pam's	Sultana Fruit & Fibre	10	1418	10.3	1.0	30.1	526	10.4
Pam's	Nutty Crunch	11	1670	6.8	<1	25.9	526	3.1
Pam's	Cornflakes	12	1480	6.4	<1	8.6	920	3.1
Pam's	Rice Snaps	12	1540	5.7	<1	10.6	780	2.2
Pam's	Honey Snaps	13	1560	7.4	<1	41.9	11	n.s
Pam's	Berry Yoghurt flakes/cereal	15	1750	7.0	3.4	32.2	411	4.3
Pam's	Cocoa Snaps	18	1650	4.4	0.3	44.0	485	n.s
Sanitarium	Puffed Wheat	-6	1540	11.6	0.3	1.8	6	6.7
Sanitarium	Bran Bix	-4	1210	12.6	0.5	4.2	360	20.4
Sanitarium	Weet-Bix	-3	1480	12.0	0.3	2.8	280	11.0
Sanitarium	Honey Puffs	-2	1533	10.5	0.2	21.1	11	5.7
Sanitarium	Weet-Bix Oat Bran	-2	1630	12.8	0.4	6.8	304	11.7
Sanitarium	Weeties (was called Kornies)	-1	1520	11.8	0.4	2.5	462	10.2
Sanitarium	Natural Muesli	-1	1510	9.1	1.6	20.5	89	9.0
Sanitarium	Natural Fruit & Five Grains Muesli	-1	1510	9.1	1.6	20.5	89	9.0
Sanitarium	Muesli Deluxe Berry with yoghurt flakes	0	1540	7.8	1.6	21.7	54	7.8
Sanitarium	Weet-Bix Fruity Apricot	1	1410	8.9	0.2	22.4	275	9.2
Sanitarium	Light'n Tasty, Plum & Almond	1	1550	8.4	0.8	19.7	306	7.5
Sanitarium	Bran Flakes	2	1490	11.5	0.4	7.2	690	12.7
Sanitarium	Weet-Bix Fruity Sultana, Bran & Apple	2	1410	8.7	0.2	23.7	280	13.4
Sanitarium	Weet-Bix Fruity Wild Berry	2	1410	8.9	0.2	22.6	275	9.2
Sanitarium	DeLuxe Muesli Apple Cinnamon & Jumbo	2	1620	7.9	1.5	22.6	119	6.9
Sanitarium	Light'n Tasty, Apple & Cranberry	2	1500	7.5	0.4	22.1	322	7.3
Sanitarium	Light'n Tasty, Apricot	3	1490	7.3	0.6	26.4	277	7.3
Sanitarium	Light'n Tasty, Berry	3	1480	7.6	0.5	24.9	276	7.4
Sanitarium	Light'n Tasty, Manuka Honey Date & Nut	8	1600	7.7	1.2	25.0	271	7.8
Sanitarium	Weet-Bix Multigrain	8	1590	10.3	3.4	9.7	367	10.1
Sanitarium	Cluster Crisp Triple Berry	8	1770	6.5	2.7	21.5	208	5.7
Sanitarium	Lite Toasted Muesli, Golden Oats & Fruit	8	1670	8.9	2.0	23.5	313	7.8
Sanitarium	Weet-Bix Crunch	9	1470	8.4	0.2	29.2	370	8.0
Sanitarium	Toasted Muesli, Golden Oats & Fruit	9	1830	10.1	2.2	22.5	310	8.5
Sanitarium	Double Crunch Apricot	9	1650	5.5	1.5	23.7	357	4.3
Sanitarium	Bran & Sultana	10	1460	8.8	0.4	29.1	490	10.3
Sanitarium	Skippy cornflakes	10	1530	6.4	0.2	8.6	780	3.1
Sanitarium	Double Crunch Apple & Cinnamon	10	1660	5.7	1.3	25.0	404	4.2
Sanitarium	Cluster Crisp Vanilla Almond	10	1820	7.9	2.8	20.4	367	5.2
Sanitarium	San Bran	11	1240	12.4	0.3	19.5	870	34.6
Sanitarium	Toasted Fruit Medley Muesli	11	1710	8.4	4.6	25.0	196	11.1
Sanitarium	Weet-Bix Hi-Bran	11	1700	12.7	4.1	9.3	535	15.3
Sanitarium	Ricies	13	1550	6.3	0.1	8.8	860	1.7
Sunreal	Apricot Delite	-1	1280	7.0	0.2	26.9	90	9.9
Sunreal	Tropical Delite	4	1370	6.2	0.2	32.7	91	8.6
Sunreal	Apricot and Banana Toasted Muesli	10	1480	7.2	5.0	34.4	20	7.0
Tasti	Nut Crunch Muesli	0	1660	10.9	1.7	21.1	143	7.6
Tasti	Sunrise, Tropicana	11	1520	5.5	1.2	35.5	405	5.9
Vogel's	Natural Muesli	-2	1520	10.9	1.5	17.1	40	7.5
Vogel's	Vogel's Dark Berry Blend Muesli	0	1600	11.3	2.3	19.4	7	12.8
Vogel's	Vogel's Caf�-style light	8	1660	8.2	3.9	20.2	248	6.0
Vogel's	Vogel's Scroggin and Flakes	10	1540	6.8	3.1	19.3	410	7.0
Weight Watchers	Weight Watchers Fruity Muesli	-1	1440	9.5	0.7	20.7	188	7.2
Weight Watchers	Weight Watchers Superfruit Muesli	1	1460	9.0	0.4	24.3	197	8.6
Weight Watchers	Weight Watchers Blackforest Muesli	1	1550	10.6	1.0	28.6	129	8.3
Weight Watchers	Weight Watchers Fruit & Fibre	9	1400	7.9	0.3	30.5	410	13.2