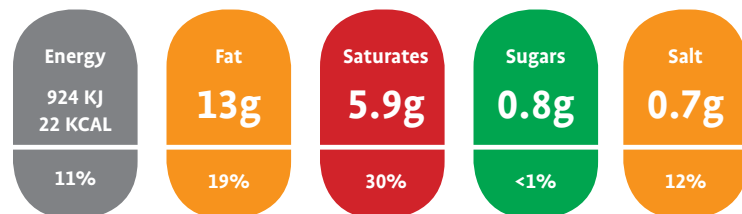




# What's in your cereal?

## Check before you choose.

If the cereal name or description sounds sugary then it most likely is. Descriptions like 'honey-coated', 'frosted' or 'chocolate-coated' are a good give-away that they contain added sugar. Most cereals will have a label on the front of packaging like the one below. Choose more greens and ambers, and fewer reds.



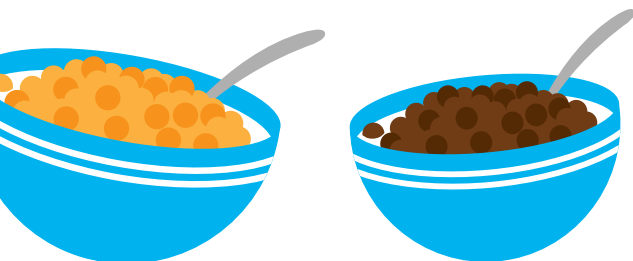
**Green** means low in that nutrient, and is the healthier choice.

**Amber** means medium.

**Red** means high.

Add natural sweetness to your cereal with fruit.

Swap sugary cereals for whole-grain cereals. Whole-grain cereals have more fibre to help out children's digestive system and will keep you fuller for longer.



One daily win can start your kids on the way to a healthier life.

For more ways to start visit [makeastart.ie](https://makeastart.ie) or [makeastart.org](https://makeastart.org)

Name	Serving (g)	Sugar (g)	Equivalent in teaspoons of sugar	Calories (kcal)	Salt (g)	Fibre (g)
Kelloggs Crunchie Nut	30	11	3	119	0.23	0.8
Aldi Choco Rice	30	9.6	2.5	117	0.22	0.7
Tesco Choco Snaps	30	9.6	2.5	117	0.2	0.7
Lidl Choco Rice	30	9.6	2.5	116	0.15	1
Tesco Honey Nut Corn Flakes	30	9.1	2.5	121	0.2	0.7
Kelloggs Coco Pops	30	9	2.5	116	0.23	0.9
Aldi Honey Nut Crunchy Corn Flakes	30	8.4	2	119	0.14	0.9
Lidl Corn Flakes Honey and Peanuts	30	6.6	1.5	118	0.14	1.3
Nestle Cheerios	30	6.3	1.5	113	0.28	2.3
Aldi Multi-grain Hoops	30	5.8	1.5	114	0.18	2.2
Tesco Multigrain Hoops	30	5.1	1.5	115	0.2	2
Lidl Multigrain Hoops	30	5	1.5	114	0.19	2.8
Nestle Shreddies	30	4.5	1	109	0.21	3.6
Tesco Malt Wheaties	30	4.2	1	110	0.18	3.2
Lidl Malt Wheaties	30	3.7	1	110	0.13	3.9
Aldi Malted Wheaties	30	3.3	1	109	0.13	3.3
Kelloggs Rice Krispies	30	3	1	115	0.34	0.3
Aldi Crisp Rice	30	2.7	0.5	115	0.22	<0.5
Tesco Rice Snaps	30	2.7	0.5	115	0.2	0.5
Lidl Rice Snaps	30	2.7	0.5	115	0.2	0.5
Kelloggs Corn Flakes	30	2.4	0.5	113	0.34	0.9
Tesco Corn Flakes	30	2.1	0.5	115	0.2	0.9
Aldi Corn Flakes	30	1.9	0.5	114	0.17	1
Aldi Wheat Bisks	2 biscuits (37.5)	1.7	<0.5	136	0.24	3.8
Lidl Bixies	2 biscuits (37.5)	1.7	<0.5	136	0.24	3.8
Tesco Wheat Biscuits	2 biscuits (37.5)	1.7	<0.5	134	0.2	3.8
Weetabix	2 biscuits (37.5)	1.7	<0.5	136	0.1	3.8
Kavanaghs Instant Oats (Aldi)	40	0.5	0	149	0.01	3.5
Odlums Porridge Oats	40	0.5	0	147	0	3.6
Lidl Corn Flakes	30	0.4	0	117	0.27	1.4
Flahavans Progress Oatlets	40	0.4	0	148	0.01	3.3
Flahavans Quick Oats	40	0.4	0	148	0.01	3.3
Ready brek	40	0.4	0	150	0.01	3.2
Quaker Oats so Simple	40	0.4	0	148	trace	4.2
Oatilicious Porridge Oats (Lidl)	40	0.3	0	150	<0.01	4

1 level teaspoon is 4 grams