|  |  |
| --- | --- |
| Food: | Breakfast Cereals (Excluding Breakfast Bars) |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Tesco Blueberry Wheats Cereal | 500 | 199.8 | 0.18 | 42.48 | 1.80 |
| Sainsbury's Wholegrain Blueberry Wheats | 500 | 199.8 | 0.18 | 42.48 | 1.80 |
| essential Waitrose Blueberry Wheats | 500 | 199.8 | 0.18 | 42.48 | 2.05 |
| Kellogg's All-Bran Original | 500 | 200.4 | 0.42 | 28.8 | 2.40 |
| ASDA High Bran | 500 | 201 | 0.36 | 30 | 1.19 |
| Tesco Apricot Wheats | 500 | 201 | 0.18 | 42.78 | 1.80 |
| Morrisons Mini Apricot Neat Wheats | 500 | 201 | 0.18 | 42.78 | 1.90 |
| Sainsbury's Wholegrain Apricot Wheats | 500 | 201 | 0.18 | 42.78 | 1.80 |
| essential Waitrose wholegrain apricot wheats | 500 | 201 | 0.18 | 42.78 | 2.05 |
| Dorset Cereals Simply Fruity Muesli | 820 | 201.6 | 0.3 | 40.8 | 3.70 |
| Tesco Raisin Wheats | 500 | 204 | 0.18 | 42.72 | 1.80 |
| Tesco 50% Fruit Muesli | 750 | 204 | 0.3 | 41.52 | 2.00 |
| Morrisons Fantastic High Fibre | 500 | 204.6 | 0.36 | 30.96 | 1.27 |
| Essential Waitrose - Fruit Muesli | 1000 | 206.4 | 0.72 | 39.96 | 2.50 |
| essential Waitrose sultana bran | 750 | 206.4 | 0.3 | 39.36 | 1.89 |
| Tesco High Fibre Bran | 750 | 210 | 0.48 | 32.4 | 1.45 |
| Weetabix Crunchy Bran | 375 | 210.6 | 0.48 | 32.4 | 2.38 |
| ASDA Sultana Bran | 550 | 210.6 | 0.18 | 40.2 | 1.49 |
| Stockwell & Co 24 Wheat Biscuits | 432 | 211.2 | 0.18 | 40.44 | 0.75 |
| Morrisons Sultana Bran | 500 | 211.8 | 0.24 | 40.8 | 1.50 |
| Tesco Bran Flakes | 750 | 213.6 | 0.24 | 38.58 | 1.04 |
| Honey Monster Wheat Puffs Cereal | 520 | 214.2 | 0.18 | 44.4 | 2.90 |
| ASDA Wheat Bisks | 24 pack | 214.8 | 0.36 | 40.8 | 1.59 |
| Jordans Chunky Traditional Porridge Oats | 750 | 214.8 | 0.72 | 38.16 | 1.98 |
| Tesco Wheat Biscuits 24 pack | 24 pack | 214.8 | 0.36 | 40.8 | 1.60 |
| Morrisons Wheat Biscuits | 48 pack | 214.8 | 0.36 | 40.8 | 2.64 |
| Sainsbury's Wholewheat Biscuits, Cereal x24 | 430 | 214.8 | 0.36 | 40.86 | 1.40 |
| Essential Waitrose - Wholewheat Biscuits | X 24 | 214.8 | 0.36 | 40.8 | 1.45 |
| Kellogg's Bran Flakes | 375 | 215.4 | 0.24 | 39 | 1.25 |
| Sainsbury's Wholewheat Biscuits Cereal, Basics x24 | 432 | 215.4 | 0.36 | 41.1 | 0.80 |
| essential Waitrose bran flakes | 750 | 215.4 | 0.36 | 39.78 | 1.37 |
| ASDA Bran Flakes | 500 | 216 | 0.3 | 38.4 | 0.99 |
| Morrisons Bran Flakes  | 625 | 216 | 0.3 | 38.4 | 1.37 |
| Nestle Shredded Wheat Cereal | X 30 | 216 | 0.3 | 40.2 | 2.00 |
| Weetabix Biscuits | 72 pack | 217.2 | 0.36 | 41.4 | 5.00 |
| Sainsbury's Wholegrain Bran Flakes | 1000 | 217.8 | 0.36 | 40.26 | 1.30 |
| Kellogg's Frosted Wheats | 600 | 218.4 | 0.36 | 43.2 | 3.00 |
| Mornflake Mighty Oats Original Heart Healthy Oatbran | 800 | 218.4 | 1.08 | 28.38 | 2.00 |
| ASDA Smart Price Porridge Oats | 1000 | 219 | 0.6 | 38.4 | 0.75 |
| Sainsbury's Wholegrain Malties Cereal | 750 | 219.6 | 0.24 | 43.08 | 1.30 |
| Mornflake Creamy Superfast Oats | 2000 | 220.2 | 0.78 | 33.66 | 2.35 |
| ASDA Scottish Porridge Oats | 1000 | 220.2 | 0.6 | 36.6 | 0.89 |
| Mornflake Mighty Oats Organic Porridge Oats | 1000 | 220.2 | 0.78 | 33.66 | 2.00 |
| Shredded Wheat Bitesize | 500 | 220.2 | 0.3 | 41.4 | 2.70 |
| Essential Waitrose - Porridge Oats | 1000 | 220.2 | 0.78 | 33.66 | 1.39 |
| Waitrose Duchy Organic rolled jumbo oats | 1000 | 220.2 | 0.78 | 33.66 | 2.25 |
| Morrisons Mighty Malties  | 625 | 220.8 | 0.18 | 43.8 | 1.25 |
| Nestle Nesquik Cereal | 375 | 221.4 | 0.36 | 45.6 | 2.00 |
| ASDA British Porridge Oats | 500 | 221.4 | 0.6 | 36.6 | 0.74 |
| Tesco Strawberry Milkshake Malt Wheats | 375 | 221.4 | 0.24 | 43.14 | 1.30 |
| Alpen no added sugar muesli | 1000 | 221.4 | 0.54 | 37.8 | 4.00 |
| Waitrose Free From Gluten Free Rolled Porridge Oats | 1000 | 221.4 | 0.72 | 34.92 | 4.00 |
| ASDA Right Start | 500 | 222 | 0.24 | 47.4 | 1.45 |
| Quaker Oat So Simple Original Porridge | 324 | 222 | 0.78 | 35.4 | 2.74 |
| Tesco Special Flake Fruit | 375 | 222 | 0.24 | 47.94 | 1.50 |
| Tesco No Added Sugar Swiss Style Muesli | 1000 | 222 | 0.54 | 39.36 | 2.20 |
| Tesco Low Fat Special Flake Cereal | 500 | 222 | 0.18 | 48.6 | 1.25 |
| Morrisons Right Balance | 500 | 222 | 0.24 | 47.28 | 1.58 |
| Kellogg's Just Right Cereal  | 500 | 222.6 | 0.18 | 47.4 | 3.14 |
| ASDA Free From Pure Porridge Oats | 450 | 222.6 | 0.6 | 37.2 | 1.79 |
| Nestle Coco Shreddies | 500 | 222.6 | 0.36 | 45 | 1.30 |
| Morrisons Choco Hoops | 375 | 222.6 | 0.42 | 45 | 1.25 |
| ASDA Oatbran & Wheatbran Porridge Oats | 500 | 223.2 | 0.84 | 34.8 | 0.59 |
| Sainsbury's Wholegrain Fruit & Fibre | 1000 | 223.2 | 1.98 | 39.66 | 1.95 |
| Alpen Original Muesli | 750 | 224.4 | 0.54 | 39.6 | 2.00 |
| Quaker Porridge Oats | 1000 | 224.4 | 0.9 | 36 | 1.98 |
| Scott's Porage Original Scottish Porridge Oats | 1000 | 224.4 | 0.9 | 36 | 2.00 |
| ASDA Ready Oats | 750 | 224.4 | 0.72 | 34.8 | 1.27 |
| Quaker Porridge Jumbo Oats | 1000 | 224.4 | 0.9 | 36 | 2.18 |
| Scott's Porage Old Fashioned Porridge Oats | 1000 | 224.4 | 0.9 | 36 | 2.28 |
| ASDA Ready Oats | 750 | 224.4 | 0.72 | 34.8 | 1.27 |
| Weetabix Ready Brek Super Smooth Original Porridge | 450 | 224.4 | 0.72 | 34.8 | 1.98 |
| Weetabix Ready Brek Super Smooth Original Porridge | 180 | 224.4 | 0.72 | 34.8 | 1.98 |
| Sainsbury's Multigrain Hoops | 375 | 224.4 | 0.24 | 44.64 | 1.20 |
| Alpen original | 750 | 224.4 | 0.54 | 39.6 | 2.95 |
| Kellogg's Frosties | 750 | 225 | 0.06 | 52.2 | 2.89 |
| Kellogg's Special K Original | 750 | 225 | 0.18 | 47.4 | 3.00 |
| ASDA Coconut Flavour Porridge Oats Sachets | 288 | 225 | 0.96 | 39 | 0.89 |
| Ready Brek Caramel Flavour Smooth Porridge Oats Sachets | 180 | 225 | 0.72 | 38.4 | 1.98 |
| Kellogg's Special K Red Berries Cereal | 360 | 225.6 | 0.18 | 47.4 | 2.98 |
| Ready Brek Chocolate Smooth Porridge | 192 | 225.6 | 1.08 | 37.2 | 1.98 |
| Mornflake Original Heart Healthy Oatbran Flakes  | 500 | 225.6 | 0.48 | 39.9 | 2.00 |
| Kellogg's Corn Flakes Big Pack | 1000 | 226.8 | 0.12 | 50.4 | 3.00 |
| Nestle Honey Cheerios | 565 | 226.8 | 0.42 | 44.4 | 2.00 |
| Tesco Malt Wheats | 750 | 226.8 | 0.24 | 45.18 | 1.00 |
| Nestle Cheerios | 600 | 228 | 0.54 | 43.2 | 3.30 |
| ASDA Special Flakes | 500 | 228 | 0.18 | 50.4 | 1.04 |
| Kellogg's Fruit 'n Fibre | 750 | 228 | 2.1 | 41.4 | 2.97 |
| ASDA Apple & Blueberry Porridge Oats | 288 | 228 | 0.54 | 41.4 | 0.89 |
| Quaker Oats So Simple Protein Original Porridge | 308 | 228 | 0.66 | 31.8 | 2.75 |
| Waitrose LoveLife Calorie Controlled special choice rice & wheat flakes | 500 | 228 | 0.18 | 50.4 | 1.99 |
| Kellogg's Coco Pops | 480 | 229.2 | 0.54 | 50.4 | 2.89 |
| ASDA Chocolate Flavour Ready Oats | 450 | 229.2 | 1.32 | 38.4 | 1.25 |
| Weetabix Ready Brek Super Smooth Chocolate Porridge | 450 | 229.2 | 1.32 | 38.4 | 1.98 |
| Tesco Multigrain Hoops | 375 | 229.2 | 0.3 | 45 | 1.50 |
| Morrisons Super Hoops | 375 | 229.2 | 0.3 | 45 | 1.25 |
| Sainsbury's Balance Cereal | 500 | 229.2 | 0.12 | 50.88 | 1.25 |
| Kellogg's Toy Story Multigrain Shapes Cereal | 350 | 229.8 | 0.36 | 46.8 | 2.00 |
| Sainsbury's Balance With Red Fruit | 375 | 229.8 | 0.18 | 49.74 | 1.25 |
| essential Waitrose fruit & fibre | 750 | 229.8 | 2.46 | 41.1 | 1.89 |
| ASDA Rice Snaps | 340 | 231 | 0.24 | 51 | 0.98 |
| Kellogg's White Choc Coco Pops Cereal | 480 | 231 | 0.96 | 48.6 | 2.00 |
| Tesco Rice Snaps | 375 | 231 | 0.24 | 51.06 | 1.00 |
| Dorset Simply Nutty | 700 | 231 | 0.78 | 35.88 | 3.70 |
| Morrisons Rice Crackles | 440 | 231 | 0.24 | 51.06 | 1.25 |
| essential Waitrose rice pops | 440 | 231 | 0.24 | 51.06 | 1.39 |
| Tesco Cornflakes | 500 | 231.6 | 0.18 | 51.06 | 0.60 |
| Tesco Fruit Nut Muesli | 750 | 231.6 | 2.94 | 36.06 | 2.00 |
| Morrisons Cornflakes | 500 | 231.6 | 0.18 | 51.06 | 1.00 |
| Sainsbury's Cornflakes | 500 | 231.6 | 0.36 | 50.34 | 1.00 |
| essential Waitrose corn flakes | 500 | 231.6 | 0.18 | 51.06 | 1.05 |
| Essential Waitrose - Fruit & Nut Muesli | 1000 | 231.6 | 2.22 | 34.5 | 2.50 |
| ASDA Frosted Flakes | 500 | 232.2 | 0.18 | 52.8 | 0.98 |
| ASDA Fruit & Fibre | 750 | 232.2 | 2.58 | 41.4 | 1.45 |
| Tesco Frosted Flakes | 500 | 232.2 | 0.18 | 52.8 | 1.00 |
| Morrisons Frosted Flakes | 500 | 232.2 | 0.18 | 52.8 | 1.25 |
| Morrisons Fruit & Fibre | 500 | 232.2 | 2.58 | 41.4 | 3.00 |
| Nestle Cookie Crisp | 500 | 232.8 | 0.42 | 45.6 | 2.85 |
| ASDA Choco Snaps | 550 | 233.4 | 0.9 | 50.4 | 1.59 |
| Tesco Choco Snaps | 350 | 233.4 | 0.9 | 50.16 | 1.00 |
| Tesco Crunchy Cookie Cereal | 325 | 233.4 | 0.42 | 45.96 | 1.30 |
| Morrisons Choco Crackles | 440 | 233.4 | 0.9 | 50.16 | 1.25 |
| Sainsbury's Rice Pops | 500 | 236.4 | 0.18 | 53.1 | 1.50 |
| Nestle Cheerios Oat Cereal | 379 | 237 | 0.9 | 42 | 2.99 |
| essential Waitrose Choco Pops | 550 | 237 | 0.9 | 51.06 | 1.60 |
| Kellogg's Crunchy Nut Original Cereal | 300 | 237.6 | 0.42 | 49.2 | 1.99 |
| Kellogg's Crunchy Nut Corn Flakes Cereal | 720 | 238.8 | 0.42 | 49.2 | 3.00 |
| Quaker Oat So Simple Golden Syrup Porridge | 360 | 238.8 | 0.6 | 42.6 | 2.74 |
| Nestle Oat Cheerios Low Sugar | 325 | 239.4 | 0.84 | 39.6 | 2.50 |
| Nature's Path Organic Millet Rice | 375 | 240 | 0.6 | 43.8 | 3.39 |
| Tesco Honey Nut | 500 | 241.8 | 0.6 | 49.32 | 1.00 |
| Morrisons Honey Nut Corn Flakes | 500 | 241.8 | 0.6 | 49.32 | 1.50 |
| Nestle Almond Oats & More | 425 | 242.4 | 0.78 | 40.2 | 2.00 |
| General Mills Lucky Charms Frosted Toasted Oat Cereal with Marshmallows | 422 | 244.2 | 0 | 48.6 | 5.00 |
| Kellogg's All-Bran Golden Crunch | 390 | 244.2 | 0.72 | 37.8 | 2.88 |
| Morrisons Oat Malties | 500 | 244.2 | 0.78 | 35.4 | 1.50 |
| Nestle Lion Cereal | 400 | 245.4 | 0.78 | 45.6 | 2.00 |
| Waitrose Honey Raisin & Almond Oat Crunchy | 1000 | 246.6 | 1.98 | 37.86 | 2.30 |
| Jordans Raisin & Almond Nut Granola | 750 | 247.2 | 1.38 | 36.96 | 2.00 |
| Nestle Curiously Cinnamon | 565 | 252 | 0.66 | 45 | 1.77 |
| Jordans Crunchy Oat Granola Fruit & Nut | 750 | 256.2 | 2.64 | 38.52 | 2.00 |
| Jordans Crunchy Oat Granola Tropica | 750 | 258.6 | 3.54 | 37.74 | 2.00 |
| Tesco Honey Nut Clusters | 500 | 264.6 | 1.08 | 39.42 | 1.50 |
| Kellogg's Krave Chocolate | 375 | 264.6 | 2.4 | 42 | 2.00 |
| White's Wild Fruit Crunch Toasted Oats | 500 | 265.8 | 1.32 | 40.2 | 2.00 |
| Mornflake Chocolately Squares | 375 | 268.8 | 1.86 | 42.06 | 1.00 |
| Jordans Country Crisp Delicious Honey & Nut | 500 | 269.4 | 1.92 | 37.62 | 3.00 |
| Lizi's High Protein Granola | 350 | 270 | 1.86 | 26.4 | 3.00 |
| Waitrose Seriously chocolatey triple chocolate crisp | 500 | 270 | 4.26 | 37.86 | 2.15 |
| Tesco Honey Nut Chocolate Clusters | 500 | 272.4 | 2.58 | 38.58 | 1.50 |
| Tesco Pillows With Milk Chocolate Filling | 375 | 273.6 | 2.28 | 41.1 | 1.10 |
| Tesco Pillows Chocolate Nut | 375 | 277.8 | 2.34 | 39.42 | 1.10 |
| Morrisons The Best Nut & Seed Granola | 500 | 289.2 | 4.2 | 33.3 | 2.30 |
| Kellogg's Crunchy Nut Glorious Oat Granola Cracking | 600 | 298.2 | 7.2 | 34.2 | 3.20 |
| Lizi's Low Sugar Granola | 500 | 300.6 | 2.52 | 27.12 | 2.30 |

* **Values shown per 60 Gram Serving**

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Tesco Blueberry Wheats Cereal | 500 | 333 | 0.3 | 70.8 | 1.80 |
| Sainsbury's Wholegrain Blueberry Wheats | 500 | 333 | 0.3 | 70.8 | 1.80 |
| essential Waitrose Blueberry Wheats | 500 | 333 | 0.3 | 70.8 | 2.05 |
| Kellogg's All-Bran Original | 500 | 334 | 0.7 | 48 | 2.40 |
| ASDA High Bran | 500 | 335 | 0.6 | 50 | 1.19 |
| Tesco Apricot Wheats | 500 | 335 | 0.3 | 71.3 | 1.80 |
| Morrisons Mini Apricot Neat Wheats | 500 | 335 | 0.3 | 71.3 | 1.90 |
| Sainsbury's Wholegrain Apricot Wheats | 500 | 335 | 0.3 | 71.3 | 1.80 |
| essential Waitrose wholegrain apricot wheats | 500 | 335 | 0.3 | 71.3 | 2.05 |
| Dorset Cereals Simply Fruity Muesli | 820 | 336 | 0.5 | 68 | 3.70 |
| Tesco Raisin Wheats | 500 | 340 | 0.3 | 71.2 | 1.80 |
| Tesco 50% Fruit Muesli | 750 | 340 | 0.5 | 69.2 | 2.00 |
| Morrisons Fantastic High Fibre | 500 | 341 | 0.6 | 51.6 | 1.27 |
| Essential Waitrose - Fruit Muesli | 1000 | 344 | 1.2 | 66.6 | 2.50 |
| essential Waitrose sultana bran | 750 | 344 | 0.5 | 65.6 | 1.89 |
| Tesco High Fibre Bran | 750 | 350 | 0.8 | 54 | 1.45 |
| Weetabix Crunchy Bran | 375 | 351 | 0.8 | 54 | 2.38 |
| ASDA Sultana Bran | 550 | 351 | 0.3 | 67 | 1.49 |
| Stockwell & Co 24 Wheat Biscuits | 432 | 352 | 0.3 | 67.4 | 0.75 |
| Morrisons Sultana Bran | 500 | 353 | 0.4 | 68 | 1.50 |
| Tesco Bran Flakes | 750 | 356 | 0.4 | 64.3 | 1.04 |
| Honey Monster Wheat Puffs Cereal | 520 | 357 | 0.3 | 74 | 2.90 |
| ASDA Wheat Bisks | 24 pack | 358 | 0.6 | 68 | 1.59 |
| Jordans Chunky Traditional Porridge Oats | 750 | 358 | 1.2 | 63.6 | 1.98 |
| Tesco Wheat Biscuits 24 pack | 24 pack | 358 | 0.6 | 68 | 1.60 |
| Morrisons Wheat Biscuits | 48 pack | 358 | 0.6 | 68 | 2.64 |
| Sainsbury's Wholewheat Biscuits, Cereal x24 | 430 | 358 | 0.6 | 68.1 | 1.40 |
| Essential Waitrose - Wholewheat Biscuits | X 24 | 358 | 0.6 | 68 | 1.45 |
| Kellogg's Bran Flakes | 375 | 359 | 0.4 | 65 | 1.25 |
| Sainsbury's Wholewheat Biscuits Cereal, Basics x24 | 432 | 359 | 0.6 | 68.5 | 0.80 |
| essential Waitrose bran flakes | 750 | 359 | 0.6 | 66.3 | 1.37 |
| ASDA Bran Flakes | 500 | 360 | 0.5 | 64 | 0.99 |
| Morrisons Bran Flakes  | 625 | 360 | 0.5 | 64 | 1.37 |
| Nestle Shredded Wheat Cereal | X 30 | 360 | 0.5 | 67 | 2.00 |
| Weetabix Biscuits | 72 pack | 362 | 0.6 | 69 | 5.00 |
| Sainsbury's Wholegrain Bran Flakes | 1000 | 363 | 0.6 | 67.1 | 1.30 |
| Kellogg's Frosted Wheats | 600 | 364 | 0.6 | 72 | 3.00 |
| Mornflake Mighty Oats Original Heart Healthy Oatbran | 800 | 364 | 1.8 | 47.3 | 2.00 |
| ASDA Smart Price Porridge Oats | 1000 | 365 | 1.0 | 64 | 0.75 |
| Sainsbury's Wholegrain Malties Cereal | 750 | 366 | 0.4 | 71.8 | 1.30 |
| Mornflake Creamy Superfast Oats | 2000 | 367 | 1.3 | 56.1 | 2.35 |
| ASDA Scottish Porridge Oats | 1000 | 367 | 1.0 | 61 | 0.89 |
| Mornflake Mighty Oats Organic Porridge Oats | 1000 | 367 | 1.3 | 56.1 | 2.00 |
| Shredded Wheat Bitesize | 500 | 367 | 0.5 | 69 | 2.70 |
| Essential Waitrose - Porridge Oats | 1000 | 367 | 1.3 | 56.1 | 1.39 |
| Waitrose Duchy Organic rolled jumbo oats | 1000 | 367 | 1.3 | 56.1 | 2.25 |
| Morrisons Mighty Malties  | 625 | 368 | 0.3 | 73 | 1.25 |
| Nestle Nesquik Cereal | 375 | 369 | 0.6 | 76 | 2.00 |
| ASDA British Porridge Oats | 500 | 369 | 1.0 | 61 | 0.74 |
| Tesco Strawberry Milkshake Malt Wheats | 375 | 369 | 0.4 | 71.9 | 1.30 |
| Alpen no added sugar muesli | 1000 | 369 | 0.9 | 63 | 4.00 |
| Waitrose Free From Gluten Free Rolled Porridge Oats | 1000 | 369 | 1.2 | 58.2 | 4.00 |
| ASDA Right Start | 500 | 370 | 0.4 | 79 | 1.45 |
| Quaker Oat So Simple Original Porridge | 324 | 370 | 1.3 | 59 | 2.74 |
| Tesco Special Flake Fruit | 375 | 370 | 0.4 | 79.9 | 1.50 |
| Tesco No Added Sugar Swiss Style Muesli | 1000 | 370 | 0.9 | 65.6 | 2.20 |
| Tesco Low Fat Special Flake Cereal | 500 | 370 | 0.3 | 81 | 1.25 |
| Morrisons Right Balance | 500 | 370 | 0.4 | 78.8 | 1.58 |
| Kellogg's Just Right Cereal  | 500 | 371 | 0.3 | 79 | 3.14 |
| ASDA Free From Pure Porridge Oats | 450 | 371 | 1.0 | 62 | 1.79 |
| Nestle Coco Shreddies | 500 | 371 | 0.6 | 75 | 1.30 |
| Morrisons Choco Hoops | 375 | 371 | 0.7 | 75 | 1.25 |
| ASDA Oatbran & Wheatbran Porridge Oats | 500 | 372 | 1.4 | 58 | 0.59 |
| Sainsbury's Wholegrain Fruit & Fibre | 1000 | 372 | 3.3 | 66.1 | 1.95 |
| Alpen Original Muesli | 750 | 374 | 0.9 | 66 | 2.00 |
| Quaker Porridge Oats | 1000 | 374 | 1.5 | 60 | 1.98 |
| Scott's Porage Original Scottish Porridge Oats | 1000 | 374 | 1.5 | 60 | 2.00 |
| ASDA Ready Oats | 750 | 374 | 1.2 | 58 | 1.27 |
| Quaker Porridge Jumbo Oats | 1000 | 374 | 1.5 | 60 | 2.18 |
| Scott's Porage Old Fashioned Porridge Oats | 1000 | 374 | 1.5 | 60 | 2.28 |
| ASDA Ready Oats | 750 | 374 | 1.2 | 58 | 1.27 |
| Weetabix Ready Brek Super Smooth Original Porridge | 450 | 374 | 1.2 | 58 | 1.98 |
| Weetabix Ready Brek Super Smooth Original Porridge | 180 | 374 | 1.2 | 58 | 1.98 |
| Sainsbury's Multigrain Hoops | 375 | 374 | 0.4 | 74.4 | 1.20 |
| Alpen original | 750 | 374 | 0.9 | 66 | 2.95 |
| Kellogg's Frosties | 750 | 375 | 0.1 | 87 | 2.89 |
| Kellogg's Special K Original | 750 | 375 | 0.3 | 79 | 3.00 |
| ASDA Coconut Flavour Porridge Oats Sachets | 288 | 375 | 1.6 | 65 | 0.89 |
| Ready Brek Caramel Flavour Smooth Porridge Oats Sachets | 180 | 375 | 1.2 | 64 | 1.98 |
| Kellogg's Special K Red Berries Cereal | 360 | 376 | 0.3 | 79 | 2.98 |
| Ready Brek Chocolate Smooth Porridge | 192 | 376 | 1.8 | 62 | 1.98 |
| Mornflake Original Heart Healthy Oatbran Flakes  | 500 | 376 | 0.8 | 66.5 | 2.00 |
| Kellogg's Corn Flakes Big Pack | 1000 | 378 | 0.2 | 84 | 3.00 |
| Nestle Honey Cheerios | 565 | 378 | 0.7 | 74 | 2.00 |
| Tesco Malt Wheats | 750 | 378 | 0.4 | 75.3 | 1.00 |
| Nestle Cheerios | 600 | 380 | 0.9 | 72 | 3.30 |
| ASDA Special Flakes | 500 | 380 | 0.3 | 84 | 1.04 |
| Kellogg's Fruit 'n Fibre | 750 | 380 | 3.5 | 69 | 2.97 |
| ASDA Apple & Blueberry Porridge Oats | 288 | 380 | 0.9 | 69 | 0.89 |
| Quaker Oats So Simple Protein Original Porridge | 308 | 380 | 1.1 | 53 | 2.75 |
| Waitrose LoveLife Calorie Controlled special choice rice & wheat flakes | 500 | 380 | 0.3 | 84 | 1.99 |
| Kellogg's Coco Pops | 480 | 382 | 0.9 | 84 | 2.89 |
| ASDA Chocolate Flavour Ready Oats | 450 | 382 | 2.2 | 64 | 1.25 |
| Weetabix Ready Brek Super Smooth Chocolate Porridge | 450 | 382 | 2.2 | 64 | 1.98 |
| Tesco Multigrain Hoops | 375 | 382 | 0.5 | 75 | 1.50 |
| Morrisons Super Hoops | 375 | 382 | 0.5 | 75 | 1.25 |
| Sainsbury's Balance Cereal | 500 | 382 | 0.2 | 84.8 | 1.25 |
| Kellogg's Toy Story Multigrain Shapes Cereal | 350 | 383 | 0.6 | 78 | 2.00 |
| Sainsbury's Balance With Red Fruit | 375 | 383 | 0.3 | 82.9 | 1.25 |
| essential Waitrose fruit & fibre | 750 | 383 | 4.1 | 68.5 | 1.89 |
| ASDA Rice Snaps | 340 | 385 | 0.4 | 85 | 0.98 |
| Kellogg's White Choc Coco Pops Cereal | 480 | 385 | 1.6 | 81 | 2.00 |
| Tesco Rice Snaps | 375 | 385 | 0.4 | 85.1 | 1.00 |
| Dorset Simply Nutty | 700 | 385 | 1.3 | 59.8 | 3.70 |
| Morrisons Rice Crackles | 440 | 385 | 0.4 | 85.1 | 1.25 |
| essential Waitrose rice pops | 440 | 385 | 0.4 | 85.1 | 1.39 |
| Tesco Cornflakes | 500 | 386 | 0.3 | 85.1 | 0.60 |
| Tesco Fruit Nut Muesli | 750 | 386 | 4.9 | 60.1 | 2.00 |
| Morrisons Cornflakes | 500 | 386 | 0.3 | 85.1 | 1.00 |
| Sainsbury's Cornflakes | 500 | 386 | 0.6 | 83.9 | 1.00 |
| essential Waitrose corn flakes | 500 | 386 | 0.3 | 85.1 | 1.05 |
| Essential Waitrose - Fruit & Nut Muesli | 1000 | 386 | 3.7 | 57.5 | 2.50 |
| ASDA Frosted Flakes | 500 | 387 | 0.3 | 88 | 0.98 |
| ASDA Fruit & Fibre | 750 | 387 | 4.3 | 69 | 1.45 |
| Tesco Frosted Flakes | 500 | 387 | 0.3 | 88 | 1.00 |
| Morrisons Frosted Flakes | 500 | 387 | 0.3 | 88 | 1.25 |
| Morrisons Fruit & Fibre | 500 | 387 | 4.3 | 69 | 3.00 |
| Nestle Cookie Crisp | 500 | 388 | 0.7 | 76 | 2.85 |
| ASDA Choco Snaps | 550 | 389 | 1.5 | 84 | 1.59 |
| Tesco Choco Snaps | 350 | 389 | 1.5 | 83.6 | 1.00 |
| Tesco Crunchy Cookie Cereal | 325 | 389 | 0.7 | 76.6 | 1.30 |
| Morrisons Choco Crackles | 440 | 389 | 1.5 | 83.6 | 1.25 |
| Sainsbury's Rice Pops | 500 | 394 | 0.3 | 88.5 | 1.50 |
| Nestle Cheerios Oat Cereal | 379 | 395 | 1.5 | 70 | 2.99 |
| essential Waitrose Choco Pops | 550 | 395 | 1.5 | 85.1 | 1.60 |
| Kellogg's Crunchy Nut Original Cereal | 300 | 396 | 0.7 | 82 | 1.99 |
| Kellogg's Crunchy Nut Corn Flakes Cereal | 720 | 398 | 0.7 | 82 | 3.00 |
| Quaker Oat So Simple Golden Syrup Porridge | 360 | 398 | 1.0 | 71 | 2.74 |
| Nestle Oat Cheerios Low Sugar | 325 | 399 | 1.4 | 66 | 2.50 |
| Nature's Path Organic Millet Rice | 375 | 400 | 1.0 | 73 | 3.39 |
| Tesco Honey Nut | 500 | 403 | 1.0 | 82.2 | 1.00 |
| Morrisons Honey Nut Corn Flakes | 500 | 403 | 1 | 82.2 | 1.50 |
| Nestle Almond Oats & More | 425 | 404 | 1.3 | 67 | 2.00 |
| General Mills Lucky Charms Frosted Toasted Oat Cereal with Marshmallows | 422 | 407 | 0 | 81 | 5.00 |
| Kellogg's All-Bran Golden Crunch | 390 | 407 | 1.2 | 63 | 2.88 |
| Morrisons Oat Malties | 500 | 407 | 1.3 | 59 | 1.50 |
| Nestle Lion Cereal | 400 | 409 | 1.3 | 76 | 2.00 |
| Waitrose Honey Raisin & Almond Oat Crunchy | 1000 | 411 | 3.3 | 63.1 | 2.30 |
| Jordans Raisin & Almond Nut Granola | 750 | 412 | 2.3 | 61.6 | 2.00 |
| Nestle Curiously Cinnamon | 565 | 420 | 1.1 | 75 | 1.77 |
| Jordans Crunchy Oat Granola Fruit & Nut | 750 | 427 | 4.4 | 64.2 | 2.00 |
| Jordans Crunchy Oat Granola Tropica | 750 | 431 | 5.9 | 62.9 | 2.00 |
| Tesco Honey Nut Clusters | 500 | 441 | 1.8 | 65.7 | 1.50 |
| Kellogg's Krave Chocolate | 375 | 441 | 4 | 70 | 2.00 |
| White's Wild Fruit Crunch Toasted Oats | 500 | 443 | 2.2 | 67 | 2.00 |
| Mornflake Chocolately Squares | 375 | 448 | 3.1 | 70.1 | 1.00 |
| Jordans Country Crisp Delicious Honey & Nut | 500 | 449 | 3.2 | 62.7 | 3.00 |
| Lizi's High Protein Granola | 350 | 450 | 3.1 | 44 | 3.00 |
| Waitrose Seriously chocolatey triple chocolate crisp | 500 | 450 | 7.1 | 63.1 | 2.15 |
| Tesco Honey Nut Chocolate Clusters | 500 | 454 | 4.3 | 64.3 | 1.50 |
| Tesco Pillows With Milk Chocolate Filling | 375 | 456 | 3.8 | 68.5 | 1.10 |
| Tesco Pillows Chocolate Nut | 375 | 463 | 3.9 | 65.7 | 1.10 |
| Morrisons The Best Nut & Seed Granola | 500 | 482 | 7 | 55.5 | 2.30 |
| Kellogg's Crunchy Nut Glorious Oat Granola Cracking | 600 | 497 | 12 | 57 | 3.20 |
| Lizi's Low Sugar Granola | 500 | 501 | 4.2 | 45.2 | 2.30 |

* **Values shown per** **100 Grams**

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | n/a |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*