**NUTRITIONAL PANEL ON FOODS**

Make sure you look at the ‘per 100g’ **NOT** the ‘per serve’

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **CEREALS** | **CARBOHYDRATES** | | **FATS** | | **PROTEIN** | | **SUGARS** | | **FIBRE** | | **ENERGY** |
|  | **g/100g** | **RDI %** | **g/100g** | **RDI %** | **g/100g** | **RDI %** | **g/100g** | **RDI %** | **g/100g** | **RDI %** | **kJ** |
| Fruitloops |  |  |  |  |  |  |  |  |  |  |  |
| Cornflakes |  |  |  |  |  |  |  |  |  |  |  |
| Nutrigrain |  |  |  |  |  |  |  |  |  |  |  |
| Muesli |  |  |  |  |  |  |  |  |  |  |  |
| Weetbix |  |  |  |  |  |  |  |  |  |  |  |

Which cereal do you recommend based on nutritional value? Why?