

Kellogg's® Corn Flakes



Kellogg's® Corn Flakes cereal has been kickstarting breakfasts across Australia and New Zealand for over 90 years. With delicious, crispy, golden flakes of sun-ripened Aussie-grown corn, Kellogg's® Corn Flakes with fresh milk is a great start to the day. It's also a great source of vitamins, zinc and iron with no artificial colours, flavours or preservatives. Suitable for vegans.

Kellogg's Corn Flakes are also certified FODMAP Friendly* so you can enjoy it with confidence if you follow a low FODMAP diet.

* FODMAP Friendly - Certification dated 7th September 2018.

INGREDIENTS:

Corn (90%), sugar, salt, barley malt extract, vitamins (vitamin E, niacin, vitamin B6, riboflavin, folate), minerals (iron, zinc oxide).



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ALLERGEN NOTES:

Contains cereals containing gluten. May contain traces of peanuts and/or tree nuts.

Kellogg's® CORN FLAKES



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WHAT IS THE HEALTH STAR RATING?

The Health Star Rating is a government led initiative that provides an easy way to compare the nutritional profile of packaged foods so you can make informed choices. Put simply, the more stars the healthier the choice. Foods may rate from ½ to 5 stars. Together with other important nutrition information on this pack, like serve size and nutrients per serve, the Health Star Rating is another way for you to make the best choices for you and your family.

Nutrition Information (AVERAGE)

Servings per package: 6

Serving size: 35g (1 metric cup†)

	quantity per serving	% daily intake A per serving	per serve with 1/2 cup skim milk	quantity per 100g
ENERGY	570 kJ	7%	760 kJ	1620 kJ
PROTEIN	2.8 g	6%	7.4 g	7.9 g
FAT, TOTAL	0.6 g	0.9%	0.8 g	1.8 g
- SATURATED	0.1 g	0.4%	0.2 g	0.3 g
CARBOHYDRATE	28.6 g	9%	35.1 g	81.8 g
- SUGARS	3.1 g	3%	9.6 g	8.9 g
DIETARY FIBRE	1.3 g	4%	1.3 g	3.8 g
SODIUM	169 mg	7%	226 mg	485 mg
		% RDI*		
RIBOFLAVIN (VIT B2)	0.42 mg	25%	0.68 mg	1.21 mg
NIACIN	2.5 mg	25%	2.6 mg	7.1 mg
VITAMIN B6	0.4 mg	25%	0.4 mg	1.1 mg
FOLATE	50 µg	25%	56 µg	142 µg
IRON	3.0 mg	25%	3.1 mg	8.6 mg
ZINC	1.8 mg	15%	2.3 mg	5.1 mg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

▲ Percentage daily intakes are based on an average adult diet of 8700 kJ.

* Percentage Recommended Dietary Intake (Aust/NZ)

Ingredients

Corn (90%), sugar, salt, barley malt extract, vitamins (vitamin E, niacin, vitamin B6, riboflavin, folate), minerals (iron, zinc oxide).

CONTAINS CEREALS CONTAINING GLUTEN. MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.

INGREDIENTS: Mais (90%), sucre, sel, extrait de malt d'orge, vitamines (vitamine E, niacine, vitamine B6, riboflavine, folate), minéraux (fer, oxyde de zinc).

CONTIENT DES CÉRÉALES CONTENANT DU GLUTEN. PEUT CONTENIR DES TRACES DE CACAHUÈTES ET/OU NOIX D'ARBRES.

Product information obtained from © 2019 Kellogg Company as at 25/01/2021

https://www.kelloggs.com.au/en_AU/products/corn-flakes.html