

Kellogg's® Rice Bubbles®



Finding a nutritious breakfast cereal that kids love to eat can be a challenge – Kellogg's® Rice Bubbles® is a great choice – it's both fun and nutritious. Made from the puffed grains of whole white rice, Kellogg's® Rice Bubbles® helps give kids a great start to the day. Kellogg's® Rice Bubbles® is low in fat, contain no preservatives and no artificial colours or flavours. They're also high in carbohydrates and provide 6 essential nutrients to provide a great start to the day.

INGREDIENTS:

Whole white rice (91%), sugar, salt, barley malt extract, minerals (iron, zinc oxide), vitamins (niacin, riboflavin, vitamin B6, folate).



FIND OUT MORE



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ALLERGEN NOTES:

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

AVAILABLE SIZES:

250g, 705g, 410g

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

https://www.kelloggs.com.au/en_AU/products/rice-bubbles-product.html#nutrition-modal

Kellogg's®

RICE BUBBLES®



If you follow a low FODMAP diet, this product has been certified FODMAP Friendly so you can enjoy it with confidence



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: 7

Serving size: 35g (1 1/4 metric cup†)

	quantity per serving	% daily intake per serving	per serve with 1/2 cup reduced fat milk	quantity per 100g
ENERGY	570 kJ	7%	860 kJ	1630 kJ
PROTEIN	2.6 g	5%	7.8 g	7.4 g
FAT, TOTAL	0.4 g	0.6%	2.5 g	1.1 g
- SATURATED	< 0.1 g	0.1%	1.3 g	0.1 g
CARBOHYDRATE	29.8 g	10%	36.8 g	85.2 g
- SUGARS	3.0 g	3%	10.0 g	8.5 g
DIETARY FIBRE	0.8 g	3%	0.8 g	2.3 g
SODIUM	147 mg	6%	215 mg	420 mg
		% RDI*		
RIBOFLAVIN (VT B2)	0.42 mg	25%	0.66 mg	1.21 mg
NIACIN	2.5 mg	25%	3.7 mg	7.1 mg
VITAMIN B6	0.4 mg	25%	0.4 mg	1.1 mg
FOLATE	50 µg	25%	58 µg	142 µg
IRON	3.0 mg	25%	3.0 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:

Whole white rice (91%), sugar, salt, barley malt extract, minerals (iron, zinc oxide), vitamins (niacin, riboflavin, vitamin B6, folate).

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

Riz blanc entier (91%), sucre, sel, extrait de malt d'orge, minéraux (fer, oxyde de zinc), vitamines (niacine, riboflavine, vitamine B6, folate).

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