

**Nutri-Grain® e470 g** 1005510585

Cereal made with wheat, oats and corn. OR for small packs: Breakfast cereal

**NUTRITION INFORMATION (AVERAGE)**

Serving per package: 11  
Serving size: 40 g (1 metric cup)

	Quantity per serving	% Daily intake $\Delta$ per serving	Quantity per 100g
Energy	650 kJ	8 %	1630 kJ
Protein	8.7 g	17 %	21.8 g
Fat, total	1.2 g	2 %	3.0 g
- saturated	0.2 g	0.8 %	0.5 g
Carbohydrate	26.1 g	8 %	65.2 g
- sugars	9.6 g	11 %	24.0 g
Dietary fibre	2.1 g	7 %	5.3 g
Sodium	140 mg	6 %	350 mg
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		%RDI*	
Riboflavin (Vit B2)	0.42 mg	25 %	1.06 mg
Niacin (Vit B3)	2.5 mg	25 %	6.2 mg
Vitamin B6	0.4 mg	25 %	1.0 mg
Folate	50 $\mu$ g	25 %	125 $\mu$ g
Calcium	80 mg	10 %	200 mg
Iron	3.0 mg	25 %	7.5 mg
Zinc	1.8 mg	15 %	4.5 mg

$\Delta$  Percentage daily intakes are based on an average adult diet of 8700 kJ.

\* Percentage Recommended Dietary Intake (Aust/NZ)

**Ingredients**

Cereals (51%)(wheat flour, oatmeal [oats], maize flour), sugar, wheat protein, maltodextrin, molasses, oat fibre, vegetable gum (acacia gum), salt, barley malt extract, minerals (calcium carbonate, iron, zinc oxide), raising agent (potassium bicarbonate), natural flavours, natural colours (paprika, turmeric), vitamins (niacin, vitamin B6, riboflavin, folate).

**Contains wheat, gluten.**

**May contain peanuts, tree nuts**

**Health Star Rating: 4.0**

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**Allergen Information**

Contains added sulphites (10mg/kg or more)	No
Contains gluten	Yes
Contains wheat	Yes
Contains tree nuts and tree nut products	Trace
Contains crustacea and their products	No
Contains egg and egg products	No
Contains fish and fish products	No
Contains lupins	No
Contains milk and milk products	No
Contains molluscs	No
Contains peanuts and peanut products	Trace
Contains sesame seeds and sesame seed products	No
Contains soybeans and soybean products	No

*Please refer to ingredient statement for cross contact information*

**Country Of Origin Labelling**

Made in Australia from at least 74% Australian ingredients.  
70% Australian Ingredients (Bar Chart)

**General Food Information**

**Shelf Life:** 365 days

**Storage and Use:** Store in a cool dry place

**Dietary Lifestyle Claims**

Vegan Suitable  
Vegetarian Suitable