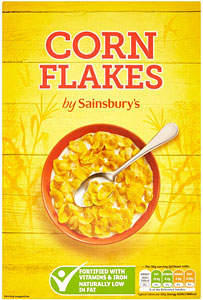
[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjHlqGG1fLVAhXKERQKHR9_ATEQjRwIBw&url=https://www.kelloggs.com/en_US/products/kellogg-s-corn-flakes-cereal-product.html&psig=AFQjCNFTCTzZVlkbSRbKmZHS7nSY3BSUfw&ust=1503760092957253)Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 30g serving |
| Energy | 278 kcal | 113 kcal |
| Fat | 0.9g | 0.3g |
| of which saturates | 0.2g | 0.1g |
| Carbohydrates | 84g | 25g |
| of which sugars | 8g | 2.4g |
| Fibre | 3g | 0.9g |
| Protein | 7g | 2.1g |
| Salt | 1.13g | 0.34g |

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjgzOHa1vLVAhVGWBQKHbLlBfcQjRwIBw&url=http://www.mysupermarket.co.uk/sainsburys-price-comparison/Breakfast_Cereals/Sainsburys_Corn_Flakes_500g.html&psig=AFQjCNEy59pWYVCxvY4AL50r9fdv358kxA&ust=1503760522104322)Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 30g serving |
| Energy | 386 kcal | 116 kcal |
| Fat | 1.2g | 0.4g |
| of which saturates | 0.6g | 0.2g |
| Carbohydrates | 83.9g | 25.2g |
| of which sugars | 6.6g | 2.0g |
| Fibre | 3.4g | 1.0g |
| Protein | 8.1g | 2.4g |
| Salt | 0.95g | 0.29g |

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiEttaQ2PLVAhWF7BQKHaoTCeIQjRwIBw&url=https://www.amazon.ca/Kelloggs-Coco-Pops-550g/dp/B00MWVLLTO&psig=AFQjCNH_6FOwJH4VP9aTCxGKojPqyQF_KQ&ust=1503760874634839)Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 30g serving |
| Energy | 367 kcal | 116 kcal |
| Fat | 2.9g | 0.8g |
| of which saturates | 1g | 0.3g |
| Carbohydrates | 84g | 25g |
| of which sugars | 30g | 9.0g |
| Fibre | 3g | 0.9g |
| Protein | 5.5g | 1.7g |
| Salt | 0.75g | 0.22g |



Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 30g serving |
| Energy | 395 kcal | 118 kcal |
| Fat | 2.8g | 0.8g |
| of which saturates | 1.5g | 0.4g |
| Carbohydrates | 85.0g | 25.5g |
| of which sugars | 28.0g | 8.4g |
| Fibre | 2.7g | 0.8g |
| Protein | 6.0g | 1.8g |
| Salt | 0.66g | 0.20g |

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiuu6n_2_LVAhWDOxQKHaVsBt8QjRwIBw&url=http://www.yoplait.co.uk/brand/petits-filous/petits-filous-small-pots-6x47g&psig=AFQjCNHN0z4fzCls8IPH6qoikyT6bIVDtg&ust=1503761958266488)Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | 94g serving  (2 pots) |
| Energy | 86 kcal | 83 kcal |
| Fat | 2.4g | 0.3g |
| of which saturates | 1.6g | 1.5g |
| Carbohydrates | 10.4g | 9.8g |
| of which sugars | 9.9g | 9.3g |
| Fibre | <0.1g | <0.1g |
| Protein | 5.3g | 5.0g |
| Salt | 0.12g | 0.11g |

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwjA1NPY4PLVAhXMOxQKHWurB-4QjRwIBw&url=http://www.mysupermarket.co.uk/tesco-price-comparison/Yogurts/Petits_Filous_Natural_Fromage_Frais_6x50g.html&psig=AFQjCNH12InCfNPu07EZgz7GEXi7kSo_Bw&ust=1503763214163580)

Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 50g serving |
| Energy | 77 kcal | 39 kcal |
| Fat | 3.2g | 1.6g |
| of which saturates | 2.2g | 1.1g |
| Carbohydrates | 4.9g | 2.5g |
| of which sugars | 4.9g | 2.5g |
| Fibre | <0.1g | <0.1g |
| Protein | 6.9g | 3.5g |
| Salt | 0.15g | 0.8g |