



Nestle Cheerios Multigrain Breakfast Cereal 800g

Dietary and lifestyle

Allergy advice

Contains: **Wheat**, **Oats**, **Barley**

Lifestyle

Kosher

Suitable for Vegetarians

Per 30g serving

Saturates

0.3g

2%

Energy

113kcal

479kJ

low

6%

Fat

1.4g	
medium	
2%	
Sugars	
5.3g	
medium	
6%	
Salt	
0.24g	
medium	
4%	

% of an adult's Reference Intake
Energy per 100g: 1597kJ/378kcal

Description

Net Content
800 Grams

Additives
Free From: Artificial Colours
Free From: Artificial Flavours

Ingredients

Whole Grain Oat Flour (31.9%), Whole Grain **Wheat** Flour (29.6%), Whole Grain **Barley** Flour (18.2%), Sugar, **Wheat** Flour (contains Calcium Carbonate, Vitamin B3, Iron, Vitamin B1), Invert Sugar Syrup, Calcium Carbonate, Sunflower Oil, Molasses, Salt, Caramelised Sugar Syrup, Colours: Carotene, Annatto Norbixin, Antioxidant: Tocopherols, Iron, Vitamins C, B3, B5, B9, D, B6, B2

Nutritional Values

Typical values per 100g Per 30g serving

Typical values	Per 100g	%RI*	Per 30g serving	%RI*	Reference Intake*	%RI*
Energy	1597kJ	479kJ	8400kJ	6%		
Fat	4.8g	1.4g	70g	2%		
of which saturates	0.9g	0.3g	20g	2%		
Carbohydrate	69.1g	20.7g				
of which sugars	17.7g	5.3g	90g	6%		
Fibre	9.6g	2.9g				
Protein	9.9g	3.0g				
Salt	0.80g	0.24g	6g	4%		

Typical values	Per 100g	%RI*	Per 30g serving	%RI*	Reference Intake*	%RI*
Vitamins & Minerals:						
Vitamin C	40mg	50%	12mg	15%		
Vitamin B6	0.93mg	66%	0.28mg	20%		
Vitamin D	2.9µg	58%	0.87µg	17%		
Folic Acid (B9)	162µg	81%	48.6µg	24%		
Pantothenic Acid (B5)	3.4mg	57%	1.0mg	17%		
Niacin (B3)	12mg	75%	3.6mg	23%		
Riboflavin (B2)	0.83mg	59%	0.25mg	18%		
Iron	12mg	86%	3.6mg	26%		
Calcium	535mg	67%	161mg	20%		
*Reference Intake of an average adult (8400kJ/2000kcal)						