

Breakfast cereals



The following are low in sugar and high in fibre:

Shredded Wheat

Branflakes

unsweetened muesli

Readibrek

Weetabix

porridge

Sultana Bran

Fruit 'n' Fibre

- Use semi-skimmed or skimmed milk with cereals
- A bowl of cereal flakes makes an ideal snack any time of the day
- Try not to add sugar. Sweeten with dried fruit e.g. raisins, apricots, dates

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