

**magic  
breakfast**  
fuel for learning

# Magic Breakfast Products

**Ingredients, allergens and nutritional information**

**England**





# Contents

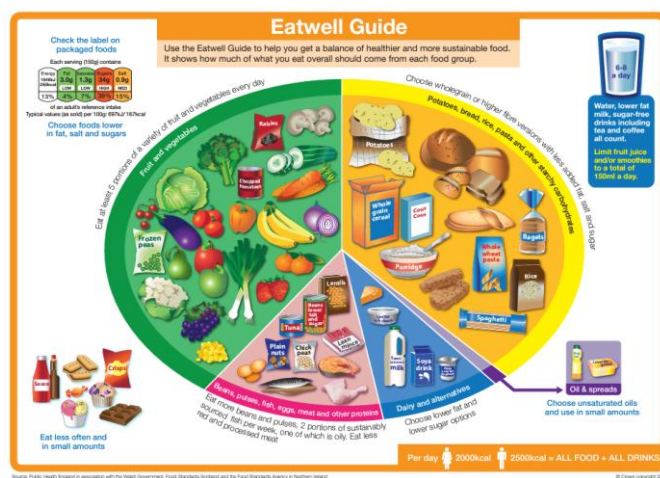
Subject	Page
Introduction	3
Introduction to Natasha's Law	5
Allergen guidance key	6
Disclaimers	7
Bakery: allergens, nutritional information and ingredients	8
Cereal: allergens, nutritional information and ingredients	11
Porridge oats: allergens, nutritional information and ingredients	18
Instant porridge oats: allergens, nutritional information and ingredients	19
Proteins: allergens, nutritional information and ingredients	21
Dairy: allergens, nutritional information and ingredients	22
Natasha's Law: further guidance and FAQs	23
Recently delisted items	25





# Introduction

Magic Breakfast are committed to providing a nutritionally balanced breakfast at the start of the school day, using the NHS's Eatwell Guide as a reference to help us and schools provide a variety of offer across the school week. Through our Magic Menu, we are working hard to increase our offering across all of these food groups and to make products available to all schools.



Starchy carbs	Dairy and alternatives	Proteins	Fruit and vegetables
<p>Warburtons Half and Half/Hovis Best of Both bread</p> <p>NYBC Magical bagels</p> <p>Cereals</p> <p>Quaker porridge oats and OSS sachets</p>	<p>Arla UHT Semi-Skimmed Milk</p>	<p>Heinz No Added Sugar Beans</p>	<p>Not currently available</p>



In the following pages we provide a list of ingredients, allergens, nutritional and advisory guidance relating to all Magic Breakfast sourced food supplied to your school. Ingredients, allergens and nutritional information will be listed in the Magic Menu categories:

### **Starchy carbs**

- Bakery
- Cereal
- Porridge oats
- Instant Porridge oats

### **Proteins**

- Beans

### **Dairy**

- Milk

We will update this document when we introduce new items, guidance changes, or if food manufacturers adjust product ingredients. Please note, although we work closely with our suppliers to ensure a continuity of provision, there is a possibility that not all products may be available across the entire range to all schools at all times.





# Natasha's Law

## Allergen Labelling Requirements in Schools

Natasha's Law requires that any food that is classified as **Pre-Packed for Direct Sale (PPDS)** be labelled with a full ingredients list and allergens highlighted in bold.

**PPDS** means food that is packaged at the same place it is offered to consumers, even if it is offered free of charge. If it is offered in a public space for people to consume, and is packaged as below, it must be labelled clearly:

- The food is fully or partly enclosed by the packaging
- The food cannot be altered without opening or changing the packaging
- The food is ready to offer to the final consumer

Examples of **PPDS** food that may be provided by schools include:

- fruit pots / breakfast pots made in advance of children choosing them
- a sandwich completely enclosed in cling film
- bread or bagel placed in a paper bag with the bag folded over or twisted to encase the bread

For more information on Natasha's Law, labelling, and how we apply it to our products see page 23.





# Ingredients, Allergens and Nutritional Information Guidance Key

## What do the colour codes mean?

Nutritional information is given using the UK Government's food labelling guidance, School Food Standards (SFS) and Nutritional Requirements for Healthy Eating in Schools (Scotland) Regulations 2020.

Key information is given for the amount of fat, sugar and salt per 100g, and is colour coded in the following pages coded (as below) as a visual guide, and for ease of use.

Green	Orange	Red
Low content (encouraged by SFS)	Medium content (accepted by SFS)	High content (not permitted by SFS)

Products that are classified as **high fibre** (more than 6g per 100g) have also been highlighted in green text to highlight higher fibre options. For more details on fibre and portion size please see Magic Breakfast Portion Size Guide.





## Disclaimers:

### Product information supplied by Magic Breakfast:

As Magic Breakfast do not manufacture food, we will transmit product data (ingredient and allergen) as are received by us from the manufacturers/suppliers of such product. It remains the responsibility of your school to check for updates and refer to the packaging supplied because product data changes regularly.

you must not alter the product data or images in this document, if, despite this, you choose to do so, we will not be responsible.

### Product images contained in this document

Product images provided within this document are for illustrations purposes only. Manufacturers may from time to time change their product packaging. We do not warrant information provided by third party manufacturers.


### Product range:

Please note, although we work closely with our suppliers to ensure a continuity of provision, there is a possibility that not all products may always be available across the entire range to all schools.






## Ingredients, Allergens and Nutritional Information: Bakery

Warburtons half and half ®			
<p><b>Ingredients:</b> <b>Wheat</b> Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)] and Wholemeal <b>Wheat</b> Flour, Water, Yeast, Vegetable Oils (Rapeseed and Sustainable Palm), Salt, <b>Wheat</b> Gluten, Malted <b>Barley</b> Flour, Emulsifiers: E471, E472e; <b>Soya</b> Flour, Preservative: Calcium Propionate; Flavouring, Flour Treatment Agent: Ascorbic Acid (Vitamin C).</p> <p><b>Allergen Information:</b> Contains <b>Barley (gluten)</b>, <b>Wheat (gluten)</b>, <b>Soya flour</b>. Produced in a bakery that uses sesame seeds and milk.</p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 40.3g serving*	% RI per serving
Energy	248 Kcal	100 Kcal	5%
Fat	2.8g	1.1g	2%
Saturated Fat	0.7g	0.3g	2%
Carbohydrates	43.6g	17.6g	
Sugar	2.7g	1.1g	1%
Fibre	4.2g	1.7g	
Protein	10.0g	4.0g	
Salt	0.95g	0.38g	6%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50g – 70g/ 1 slice		80g – 100g/2 slices	
Data sheet: 6 January 2023			






## Ingredients, Allergens and Nutritional Information: Bakery

Hovis Best of Both ® Medium			
<p><b>Ingredients:</b> Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal Flour (<b>Wheat</b>) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat Protein</b>, <b>Soya</b> Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid.</p> <p><b>Allergen Information:</b> Contains <b>Gluten</b>, <b>Wheat</b> and <b>Soya</b></p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 40.3g serving*	% RI per serving
Energy	226 Kcal	91 Kcal	5%
Fat	1.6g	0.6g	1%
Saturated Fat	0.3g	0.1g	1%
Carbohydrates	40.8g	16.3g	6%
Sugar	2.9g	1.1g	1%
Fibre	5.6g	2.2g	
Protein	9.5g	3.8g	8%
Salt	0.90g	0.36g	6%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50g – 70g/ 1 slice		80g – 100g/2 slices	
Data sheet: 20 October 2023			






## Ingredients, Allergens and Nutritional Information: Bakery

New York Bakery Co ® Original Bagels (Added Fibre)			
<p><b>Ingredients:</b> Wheat Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Spirit Vinegar, <b>Wheat</b> Fibre, Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), Malted <b>Barley</b> Flour, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid).</p> <p><b>Allergen Information:</b> Contains <b>Wheat</b> flour (gluten), <b>Malted Barley</b> Flour (gluten). May contain <b>Sesame</b> (manufactured in a facility that handles Sesame).</p> <p><b>Additional information:</b> Suitable for Vegetarians and Vegans. Free from artificial colours and flavours. Made on a nut-free site.</p>			
Nutritional Profile	Per 100g	Per 85g serving (whole bagel)*	% RI per serving
Energy	259 Kcal	220 Kcal	
Fat	1.2g	1g	
Saturated Fat	0.2g	0.2g	
Carbohydrates	50.2g	42.7g	
Sugar	5.3g	4.5g	
Fibre	3.8g	3.3g	
Protein	9.8g	8.4g	
Salt	0.8g	0.7g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50g – 70g /half bagel		80g – 100g/ whole bagel	
Data sheet: 24 February 2021			






## Ingredients, Allergens and Nutritional Information: Cereal

Kellogg's Cornflakes ®			
<p><b>Ingredients:</b> Maize, Barley Malt extract, Sugar, Salt. Vitamins &amp; Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12</p> <p><b>Allergen Information:</b> Contains <b>Barley (gluten)</b>. May contain gluten from other cereals.</p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	378 Kcal	113 Kcal	
Fat	0.9g	0.3g	
Saturated Fat	0.2g	0.1g	
Carbohydrates	84g	25g	
Sugar	8.0g	2.4g	
Fibre	3.0g	0.9g	
Protein	7.0g	2.1g	
Salt	1.1g	0.34g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 03 September 2020			






# Ingredients, Allergens and Nutritional Information: Cereal

Kellogg's Rice Krispies ®			
<p><b>Ingredients:</b> Rice, Sugar, Salt, <b>Barley</b> Malt extract, Vitamins and Minerals: Niacin, Iron, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin 12</p> <p><b>Allergen Information:</b> Contains <b>Barley (gluten)</b>. May contain gluten from other cereals.</p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	378 Kcal	85 Kcal	
Fat	1.2g	0.3g	
Saturated Fat	0.4g	0.1g	
Carbohydrates	86g	19g	
Sugar	7.9g	1.7g	
Fibre	2.9g	0.4g	
Protein	7.0g	1.5g	
Salt	1.0g	0.22g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 30 January 2025			






Ingredients, Allergens and Nutritional Information: Cereal

Kellogg's Rice Krispies® Multigrain Shapes			
<p><b>Ingredients:</b> Cereal Flours: Rice (50%), <b>Oat</b> (27%), Maize (5.5%), Sugar, Glucose Syrup, Chicory Root Fibre, Caramelised Sugar, Calcium Carbonate, Natural Flavouring, Niacin, Iron, Antioxidants (Ascorbyl palmitate, Alphatocopherol), Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.</p> <p><b>Allergen Information:</b> Contains <b>Oat</b> (gluten). May contain gluten from other cereals, Soy and Milk.</p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	397 Kcal	119 Kcal	
Fat	2.9g	0.9g	
Saturated Fat	0.5g	0.2g	
Carbohydrates	82g	25g	
Sugars	15g	4.5g	
Fibre	7.5g	2.3g	
Protein	7.0g	2.1g	
Salt	0.18g	0.05g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 18 September 2025			






# Ingredients, Allergens and Nutritional Information: Cereal

Quaker Oat Granola Golden Crunch ®			
<p><b>Ingredients:</b> Rolled <b>Oats</b> (62%), Sugar, Glucose Syrup, Sunflower Oil, Cereal Crisps (Rice Flour, <b>Wheat</b> Flour, Natural Flavouring (contains <b>Wheat</b>), Emulsifier (Lecithins)), <b>Oat Bran</b>, Honey, Natural Flavouring, Antioxidant (Tocopherol-rich extract).</p> <p><b>Allergen Information:</b> Contains <b>Oat</b> and <b>Wheat</b> flour (<b>gluten</b>). May contain <b>Barley</b>, <b>Rye</b>, <b>Milk</b>, <b>Nuts</b>.</p> <p><b>Additional information:</b> This product may have been manufactured on a site that also handles nuts.</p>			
Nutritional Profile	Per 100g	Per 45g serving*	% RI per serving
Energy	426 Kcal	192 Kcal	
Fat	10g	4.5g	
Saturated Fat	1.4g	0.6g	
Carbohydrates	71g	32g	
Sugar	19g	8.6g	
Fibre	7.2g	3.2g	
Protein	8.7g	3.9g	
Salt	<0.10g	0.01g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 22 January 2025			






Ingredients, Allergens and Nutritional Information: Cereal

Quaker Oat Crisp ®			
<p><b>Ingredients:</b> Wholegrain Rolled <b>Oat</b> (86%), <b>Wheat</b> Bran, Sugar, Raising Agent (Potassium Hydrogen Carbonate), Salt, <b>Barley</b> Malt Extract.</p> <p><b>Allergen Information:</b> Contains <b>Oat</b> Flour, <b>Wheat</b> Bran, and <b>Barley (gluten)</b>.</p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	390 Kcal	117 Kcal	
Fat	6.7g	2.0g	
Saturated Fat	1.2g	0.4g	
Carbohydrates	61g	18g	
Sugar	8.6g	2.6g	
Fibre	14g	4.2g	
Protein	14g	4.2g	
Salt	0.86g	0.26g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 19 September 2025			






## Ingredients, Allergens and Nutritional Information: Cereal

Weetabix ® Original			
<p><b>Ingredients:</b> Wholegrain <b>Wheat</b> (95%), Malted <b>Barley</b> Extract, Sugar, Salt, Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Folic Acid</p> <p><b>Allergen Information:</b> Contains <b>Wheat (gluten)</b> and <b>Barley (gluten)</b>. Not suitable for Coeliacs.</p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 37.5g serving* (2 biscuits)	% RI per serving
Energy	362 Kcal	136 Kcal	
Fat	2.0g	0.8g	
Saturated Fat	0.6g	0.2g	
Carbohydrates	69g	26g	
Sugar	4.2g	1.6g	
Fibre	10g	3.8g	
Protein	12.0g	4.5g	
Salt	0.28g	0.10g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: January 2022			






## Ingredients, Allergens and Nutritional Information: Cereal

Nestle ® Harvest Home ® Cornflakes			
<p><b>Ingredients:</b> Maize, Sugar, Salt, <b>Barley</b> Malt Extract, Niacin, Iron, Pantothenic Acid, Vitamin B6, Thiamin (B1), Riboflavin (B2), Folic Acid, Vitamin D, Vitamin B12.</p> <p><b>Allergen Information:</b> Contains <b>Barley</b> Malt Extract (below 20ppm)</p> <p><b>Additional information:</b> Nestle advise that the Barley tests below 20ppm.</p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	384 Kcal		
Fat	1.2g		
Saturated Fat	0.3g		
Carbohydrates	83.9g		
Sugars	5.5g		
Fibre	3.5g		
Protein	7.7g		
Salt	0.60g		
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 18 March 2025			





Ingredients, Allergens and Nutritional Information: Porridge Oats


Quaker ® Rolled Porridge Oats			
<b>Ingredients:</b> 100% Quaker Rolled Oats  <b>Allergen Information:</b> Contains Oats. May contain Wheat and Barley.  <b>Additional information:</b>			
Nutritional Profile	Per 100g	Per 40g serving*	% RI per serving
Energy	374 Kcal	150 Kcal	8%
Fat	8g	3.2g	5%
Saturated Fat	1.5g	0.6g	3%
Carbohydrates	60g	24g	
Sugars	1.1g	0.4g	<1%
Fibre	9.0g	3.6g	
Protein	11g	4.4g	
Salt	0.0g	0.0g	5%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 19 September 2025			

\*\*RI with 180ml of semi-skimmed milk






## Ingredients, Allergens and Nutritional Information: Instant Porridge Oats

Quaker Oat So Simple Golden Syrup ®			
<b>Ingredients:</b> Quaker Wholegrain Rolled Oats (81%), Sugar, Natural Flavouring, Salt  <b>Allergen Information:</b> Contains Oats (gluten). May contain Wheat, Barley, and Soya.  <b>Additional information:</b>			
Nutritional Profile	Per 100g	Per 36g serving*	% RI per serving**
Energy	376 Kcal	135 Kcal	
Fat	6.5g	2.3g	
Saturated Fat	1.2g	0.4g	
Carbohydrates	67g	24g	
Sugar (England)	18g	6.4g	
Fibre	7.3g	2.6g	
Protein	9.0g	3.2g	
Salt	0.56g	0.20g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 19 September 2025			






## Ingredients, Allergens and Nutritional Information: Instant Porridge Oats

Quaker Oat So Simple Original ®			
<b>Ingredients:</b> Quaker Wholegrain Rolled Oats  <b>Allergen Information:</b> Contains Oats (gluten). May contain Wheat, Barley, and Soya.  <b>Additional information:</b>			
Nutritional Profile	Per 100g	Per 27g serving*	% RI per serving**
Energy	370 Kcal	100 Kcal	
Fat	7.7g	2.1g	
Saturated Fat	1.3g	0.3g	
Carbohydrates	59g	16g	
Sugar	1.0g	0.3g	
Fibre	9.0g	2.4g	
Protein	11g	3.0g	
Salt	0g	0g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 19 September 2025			






## Ingredients, Allergens and Nutritional Information: Proteins

Heinz No Added Sugar Beanz ®			
<b>Ingredients:</b> Beans (50%), Tomatoes (37%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract			
<b>Allergen Information:</b> N/A			
<b>Additional information:</b>			
Nutritional Profile	Per 100g	Per serving*	% RI per serving
Energy	66 Kcal		
Fat	0.2g		
Saturated Fat	<0.1g		
Carbohydrates	9.5g		
Sugar	1.9g		
Fibre	3.6g		
Protein	4.6g		
Salt	0.4g		
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50-70g (1-2 tbsp) per serving		90-100g (3-4 tbsp) per serving	
Data sheet: 15 April 2021			





## Ingredients, Allergens and Nutritional Information: Dairy

Arla Long Life Milk Semi Skimmed 1.5% ®			
<b>Ingredients:</b> British UHT homogenised UHT <b>Milk</b>  <b>Allergen Information:</b> Contains <b>Milk</b> and <b>Milk</b> products thereof (including <b>Lactose</b> )  <b>Additional information:</b>			
Nutritional Profile	Per 100ml	Per 100ml serving*	% RI per serving
Energy	49 Kcal		
Fat	1.7g		
Saturated Fat	1.0g		
Carbohydrates	4.8g		
Sugar	4.8g		
Fibre			
Protein	3.6g		
Salt	0.11g		
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
200ml as a drink		250ml as a drink	
Data sheet: 24 September 2025			





# Natasha's Law

## Further guidance on changes to allergen labelling requirement in schools

From October 2021, Natasha's Law came into force and changed the requirements for labelling food served in a variety of settings, including schools. Natasha's law requires any food that is classed as **Pre-Packed for Direct Sale (PPDS)** to be labelled with a full ingredients list and allergens highlighted in bold.

**PPDS** food is food that is packaged at the same place it is offered to consumers. Even if the food is offered free of charge, if it is offered in a public space for people to consume, and is packaged as in the examples below, it must be labelled clearly.

### Food is PPDS if it is packaged as follows:

- the food is fully or partly enclosed by the packaging
- the food cannot be altered without opening or changing the packaging
- the food is ready to offer the final consumer

### Examples of PPDS food that may be provided by schools include:

- fruit pots / breakfast pots made in advance of children choosing them
- a sandwich completely enclosed in cling film
- bread or bagel placed in a paper bag with the bag folded over or twisted to encase the bread





## Common FAQs regarding PPDS food labelling in schools

**If I display allergen information on a menu or on our website to inform parents, do I still need to label PPDS food?** Yes. Using an allergen information sheet is not a substitute for PPDS food labelling.

**Do I need to label food if I prepare and wrap food and keep it warm before it is ordered?** Yes. If you prepack food in anticipation of consumer orders, these products will require PPDS labelling.

**Do I need to label food wrapped in cling film?** If the food is completely or partially enclosed by cling film before it is ordered (and is ready for presentation to the consumer), it is PPDS food. If an item is removed from cling film before it is presented to the consumer, then this is not PPDS food. This is non-prepacked food and so allergen information must be provided in some form.

**Do I need to label food items if they are sold loose?** No. Loose food which is not sold in packaging does not require a label. It must meet current allergen information requirements for non-prepacked food.

**Do the PPDS changes affect school meals that are plated to order?** No. If you are plating food (not prepacked before the point that it is ordered) there is no need to list ingredients. You must be able to provide information, in writing or orally, on the presence of any allergens in the food you are serving.


The Food Standards Agency provide further information, FAQs and a helpful labelling guide for PPDS food. You can access the site at: [www.food.gov.uk/business-guidance/prepacked-for-direct-sale-ppdsallergen-labelling-changes-for-schools-colleges-and-nurseries](http://www.food.gov.uk/business-guidance/prepacked-for-direct-sale-ppdsallergen-labelling-changes-for-schools-colleges-and-nurseries)





Recently delisted items


Ingredients, Allergens and Nutritional Information: Bakery

Village Bakery Long-Life Crumpets ® (Magic Breakfast Crumpets)			
<b>Ingredients:</b> Water, Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Inulin, Fermented <b>Wheat</b> Flour, Raising Agents (E450, E501, E500, E509), Sugar, Yeast, Salt, Vinegar, Preservative (Potassium Sorbate), Dextrose.			
<b>Allergen Information:</b> Contains <b>Wheat Gluten</b> .			
<b>Additional information:</b> Suitable for Vegetarians			
Nutritional Profile	Per 100g	Per 55g serving (whole crumpet) *	% RI per serving
Energy	173 Kcal	95 Kcal	
Fat	0.7g	0.4g	
Saturated Fat	0.2g	0.1g	
Carbohydrates	39.6g	21.8g	
Sugar	1.6g	0.9g	
Fibre	4.7g	2.6g	
Protein	4.7g	2.6g	
Salt	0.92g	0.52g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50g – 70g		80g – 100g/1.5 or 2 whole crumpets	
Data sheet: 2 August 2024			






Ingredients, Allergens and Nutritional Information: Cereal

BEST Caramel Gold ®			
<p><b>Ingredients:</b> <b>WHEAT Flour</b> (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Maize, <b>OATFLOUR</b>, Rice Flour, Natural Flavouring, Caramelised Sugar Syrup Powder, Raising Agent, (Calcium Carnonate), Salt, Folic Acid, Iron, Niacin, Pantothenic Acid, Thiamin (Vitamin B1), Vitamin B12, Riboflavin (Vitamin B2), Vitamin B6, Vitamin D, Vitamin E</p> <p><b>Allergen Information:</b> Contains <b>Wheat</b> and <b>OAT</b> flour (<b>gluten</b>). May contain Tree <b>NUTS</b>, <b>MILK</b>, and <b>BARLEY</b></p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	375 Kcal	113 Kcal	5%
Fat	2.0g	0.6g	1%
Saturated Fat	0.5g	0.2g	1%
Carbohydrates	79.9g	24.0g	9%
Sugars	17.2g	5.2g	6%
Fibre	3.4g	1.0g	
Protein	7.8g	2.3g	5%
Salt	0.39g	0.12g	2%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 05 February 2024			






Ingredients, Allergens and Nutritional Information: Cereal

BEST Choco Crunch ®			
<p><b>Ingredients:</b> WHEAT Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, WHEAT Bran, Maize, Fat Reduced Cocoa Powder, Rice Flour, Natural Flavourings, Raising Agent(Calcium Carbonate), Salt, Caramelised Sugar Syrup Powder, Folic Acid, Iron, Niacin, Pantothenic Acid, Thiamin (Vitamin B1), Vitamin B12, Riboflavin (Vitamin B2), Vitamin B6, Vitamin D, Vitamin E</p> <p><b>Allergen Information:</b> Contains <b>Wheat (gluten)</b>. May contain Tree <b>NUTS, MILK, OATS, BARLEY</b></p> <p><b>Additional information:</b></p>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	366 Kcal	109 Kcal	5%
Fat	1.8g	0.5g	1%
Saturated Fat	0.6g	0.2g	1%
Carbohydrates	76.1g	22.8g	9%
Sugars	17.3g	5.2g	6%
Fibre	5.9g	1.8g	
Protein	8.4g	2.5g	5%
Salt	0.43g	0.13g	2%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 05 February 2024			





## Ingredients, Allergens and Nutritional Information: Instant Porridge Oats

Quaker Oat So Simple No Added Sugar Strawberry ®			
<b>Ingredients:</b> Quaker Wholegrain Rolled Oats (86%), Sweetener (Erythritol), Dried			
<b>Allergen Information:</b> Contains Oats (gluten). May contain Wheat, Barley, Milk and Soya.			
<b>Additional information:</b>			
Nutritional Profile	Per 100g	Per 32.5g serving*	% RI per serving**
Energy	373 Kcal	121 Kcal	10%
Fat	7g	2.3g	8%
Saturated Fat	1.3g	0.4g	
Carbohydrates	64g	21g	10%
Sugars	2.0g	0.7g	
Fibre	8.1g	2.6g	
Protein	9.6g	3.1g	
Salt	0.31g	0.1g	5%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 22 December 2022			

