

Weet-Bix Hi Bran (750g \$4.59)



This is a cost-effective, low-fat, low-sugar breakfast cereal with a decent amount of fibre. It is ideal if you have a busy morning and won't get time for a morning break. Most people would eat at least four biscuits, easily achieving their 14g of fibre for breakfast. It is low in sodium and fortified with iron and folate. For people struggling to meet their iron needs, four biscuits provides 6mg of iron (nearly half the RDI).

	Per serve (2 biscuits)	Per 100g
Energy - (kJ)	596	1490
- (Cal)	143	356
Protein (g)	4.9	12.3
Fat - Total (g)	2.0	5.0
- Saturated Fat (g)	1.3	3.3
Carbohydrates - Total	22.4	55.9
- Sugars (g)	3.4	8.5
Dietary Fibre (g)	7.3	18.3
Sodium (mg)	162	406
Potassium (mg)	219	547
Iron (mg)	3	7.5
Folate (ug)	100	250

Ultra-FIT verdict: A good, nutritionally-balanced cereal.

Weet-Bix (750g \$3.78)



A similar product to the one above, this costs a little less. It is great for active children, especially when served with high-calcium milk. Like its Hi Bran sister product, it is low in fat and sugar, so don't spoil it by adding sugar. For extra sweetening, add fruit or a little honey.

	Per serve (2 biscuits)	Per 100g
Energy (kJ)	447	1490
(Cal)	107	356
Protein (g)	3.7	12.
Fat - Total (g)	0.4	1.4
- Saturated Fat (g)	0.1	0.3
Carbohydrates - Total	20.1	67
- Sugars (g)	1.0	3.3

Dietary Fibre (g)	3.3	11.0
Sodium (mg)	87	290
Potassium (mg)	102	340
Iron (mg)	3	10
Folate (ug)	100	333

Ultra-FIT verdict: A great overall choice.

Rolled Oats (750g \$1.08)



Sometimes we overlook a product because it doesn't come with the fanfare of more heavily marketed and packaged products. A no-brand pack of rolled oats costs about \$1 and lasts for weeks, so who says you need to spend money to eat well? It is low in fat and has a reasonable amount of fibre. Served with a low-fat, calcium-enriched milk, a bowl of rolled oats gives you a heap of long-lasting energy at a bargain price. Every household should have some of these!

	Per serve (30g)	Per 100g
Energy (kJ)	480	1600
(Cal)	114	380
Protein (g)	3.2	10.5
Fat - Total (g)	2.6	8.5
- Saturated Fat (g)	0.5	1.5
Carbohydrates - Total	18.3	61
- Sugars (g)	0.0	0.0
Dietary Fibre (g)	2.4	8.0
Sodium (mg)	1	3

Ultra-FIT verdict: The foundation of any pantry!

Morning Sun Apricot & Almond Natural Muesli (750g \$3.86)



This muesli tastes great. The nuts, sultanas, currents, paw paw and apricots make it a popular choice. It does have added sugar, so those watching this aspect of their diet need to be careful. The fibre content is very high, so one bowl keeps you feeling satisfied for a long time.

	Per serve (60g)	Per 100g
Energy (kJ)	890	1480
(Cal)	228	380
Protein (g)	6.4	10.6
Fat - Total (g)	3.8	6.4
- Saturated Fat (g)	1.0	1.6
Carbohydrates - Total	34.0	56.6
- Sugars (g)	11	18.4
Dietary Fibre (g)	7.4	12.4
Sodium (mg)	15	25

Ultra-FIT verdict: A reasonably healthy cereal that can add some variety to your breakfast menu.

Kapai Puku: The Seed of Life (2kg \$30)



As a nutritionist, I'm always on the lookout for new and healthy products, so I just couldn't go past Kapai Puku. This simple, effective breakfast cereal is very high in dietary fibre. Its fibrous nature helps keep you regular, epitomising the hunter-gatherer style of eating, with nothing processed, no added sugar and plenty of good fats. It does have a relatively high fat content, but this derives mostly from the very healthy seeds. This locally-made product has been taking many gyms and health food shops by storm. For more details, visit www.kapaipuku.com.

	Per serve (50g)	Per 100g
Energy (kJ)	985	1970
(Cal)	234	468
Protein (g)	7.6	15.2
Fat - Total (g)	12.6	25.2
- Saturated Fat (g)	1.4	2.8
Carbohydrates - Total	20.7	41.4
- Sugars (g)	5.7	11.5
Dietary Fibre (g)	8.4	16.8
Sodium (mg)	10	20

Ultra-FIT verdict: Number 1 in our test - definitely the pick of the bunch! Someone has certainly done their homework with this one.

breakfast cereals

Put to the Test...

by Shane Bilborough

Breakfast is often called 'the most important meal of the day' - apart from the many health benefits of the meal itself, when you start the day eating well, it sets a healthy pattern for the rest of your day.

However, choosing a healthy breakfast cereal can be a challenging task, so let's have a closer look at the cereals that topped our list: