

| Cereal | Iron (mg) label | Iron (mg) test | Folate (mcg) label | Folate (mcg) test | Calcium(mg) label | Calcium(mg) test | Sugar (g) |
|--|-----------------|----------------|--------------------|-------------------|-------------------|------------------|-----------|
| Healtheries Gluten Free Hi-Fibre Muesli Apricot, Coconut & Sunflower Seeds | 2.6 | 3.2 | 98 | 103 to 191 | n/a | n/a | 19.6 |
| Hubbards Light & Right Hazelnut & Almond | 2.7 | 3.1 | 44 | 28.5 to 52.9 | n/a | n/a | 10.7 |
| Hubbards Thank Goodness Gluten Free Corn Flakes | 9 | 8.1 | 333 | 211 to 391 | n/a | n/a | 1.7 |
| Kellogg's All-Bran Apple Flavoured Crunch | 7.5 | 5.8 | 125 | 105 to 195 | n/a | n/a | 18.9 |
| Kellogg's Coco Pops | 10 | 12.1 | 166 | 473 to 879 | 266 | 307 | 36.5 |
| Kellogg's Froot Loops | 10 | 15.4 | 166 | 136 to 254 | n/a | n/a | 38 |
| Kellogg's Just Right Fruit & Nut Fusion | 7.5 | 9.5 | 250 | 228 to 424 | n/a | n/a | 19.4 |
| Kellogg's Nutri-Grain | 7.5 | 8.2 | 125 | 152 to 282 | 200 | 275 | 26.7 |
| Kellogg's Special K Forest Berries | 7.5 | 16 | 250 | 498 to 924 | 500 | 728 | 22.1 |
| Kellogg's Special K Gluten Free Almond and Cranberry | 3 | 5.8 | 125 | 352 to 654 | n/a | n/a | 17.1 |
| Kellogg's Sultana Bran Buds | 8.6 | 10.5 | 142 | 287 to 533 | n/a | n/a | 23.8 |
| Nestle Milo Duo | 10 | 12.8 | 200 | 211 to 393 | 667 | 727 | 27.7 |
| Nestle Nesquik | 10 | 12.9 | 200 | 168 to 312 | 520 | 497 | 29.9 |
| Pams Corn Flakes | 10 | 11.6 | 300 | 167 to 311 | n/a | n/a | 8.3 |
| Pams Nutty Crunch | 6 | 6.5 | 197 | 134 to 248 | n/a | n/a | 24.5 |
| Sanitarium Light 'n' Tasty Awaken To Apricot | 6.7 | 7.3 | 222 | 230 to 426 | 400 | 456 | 21.9 |
| Sanitarium Light 'n' Tasty Golden Almond Crunch | 6.7 | 11 | 222 | 400 to 744 | 444 | 634 | 16.5 |
| Sanitarium Weet-Bix | 10 | 12.2 | 220 | 158 to 294 | n/a | n/a | 2.8 |
| Sanitarium Weet-Bix Bites Apricot | 6.7 | 8.7 | 190 | 185 to 345 | 444 | 387 | 21.4 |
| Uncle Tobys Cheerios | 10 | 15.3 | 200 | 351 to 651 | 670 | 591 | 14.7 |
| Uncle Tobys Low Sugar Cheerios | 10 | 17.7 | 200 | 274 to 510 | 533 | 589 | 1.5 |
| Uncle Tobys Plus Cashews and Nutty Clusters | 7.5 | 7.3 | 200 | 247 to 459 | 300 | 234 | 18.8 |
| Vogel's Café-style Luxury Muesli Toasted with New Zealand Manuka Honey | 4 | 3.8 | 92.3 | 24.2 to 45 | n/a | n/a | 15.3 |
| Woolworths Honey Poppas | 4 | 8.4 | 167 | 157 to 291 | n/a | n/a | 25.5 |
| Woolworths Rice Pops | 4 | 9.8 | 167 | 249 to 463 | n/a | n/a | 5 |

GUIDE TO THE TABLE CEREALS are listed by alphabetical order. LABEL AND TEST values are per 100g. LABEL is the value displayed in the Nutrition Information Panel. TEST is the test value or tested range for each nutrient. n/a = not applicable. SUGAR is from label information.