



Global Breakfast Cereals Survey 2016 - Full Data

Notes:

Data per 100g and per portion was collected using national databases, online and in store during 2016. See WASH website for further information.

Data sorted by product and highest sugar per 100g

Colour coding according to UK Front of Pack Guidance for salt : Green $\leq 0.3/100g$, Amber $>0.3 - \leq 1.5g/100g$, Red $>1.5g/100g$,

Colour coding according to UK Front of Pack Guidance for sugars: Green $\leq 5.0g/100g$, Amber $>5.0 - \leq 22.5g/100g$, Red $>25.5g/100g$

Per portion nutrition information for salt, sugar calculated from per 100g and portion size

Portion size as suggested on pack

Country	Retailer/ Brand	Product name	Portion or serving size (g)	Total Sugars (g) per serving	Salt (g) per serving	Total Sugars (g) per 100g	Salt (g) per 100g
All Bran Flakes							
Brazil	Kelloggs	All Bran Flakes	40	12.0	0.44	30.0	1.11
Mexico	Kelloggs	All Bran Flakes	40	8.0	0.38	20.0	0.94
Finland	Kelloggs	All Bran Flakes	30	6.0	0.30	20.0	1.00
India	Kelloggs	All Bran Flakes	40	7.4	0.53	18.5	1.31
Sri Lanka	Kelloggs	All Bran Flakes	40	7.4	0.53	18.5	1.31
United States	Kelloggs	All Bran Flakes	29	5.0	0.53	17.2	1.81
Canada	Kelloggs	All Bran Flakes	34	5.0	0.53	14.7	1.54
Kuwait	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Netherlands	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Norway	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Oman	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Pakistan	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Qatar	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Spain	Kelloggs	All Bran flakes	30	4.2	0.21	14.0	0.70
Sweden	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
UK	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Belgium	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Denmark	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Greece	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70

UAE	Kelloggs	All Bran Flakes	30	4.2	0.21	14.0	0.70
Australia	Kelloggs	All Bran Flakes	40	4.6	0.37	11.6	0.93
New Zealand	Kelloggs	All Bran Flakes	40	4.6	0.37	11.6	0.93
Cheerios Honey							
Hong Kong	Nestle	Cheerios Honey	30	10.3	0.23	34.2	0.78
Mexico	Nestle	Cheerios Honey	30	8.6	0.32	28.7	1.06
Hungary	Nestle	Cheerios Honey	30	7.7	0.32	25.6	1.08
Greece	Nestle	Cheerios Honey	30	7.3	0.32	24.4	1.06
Italy	Nestle	Cheerios Honey	30	7.3	0.32	24.4	1.06
Kuwait	Nestle	Cheerios Honey	30	7.3	0.32	24.4	1.06
Oman	Nestle	Cheerios Honey	30	7.3	0.32	24.4	1.06
Spain	Nestle	Cheerios Honey	30	7.3	0.32	24.4	1.06
UAE	Nestle	Cheerios Honey	30	7.3	0.32	24.4	1.06
Finland	Nestle	Cheerios Honey	30	7.2	0.27	24.0	0.90
Ireland	Nestle	Cheerios Honey	30	7.2	0.30	24.0	0.94
Denmark	Nestle	Cheerios Honey	30	7.2	0.28	24.0	0.94
Sweden	Nestle	Cheerios Honey	30	7.2	0.28	24.0	0.94
India	Nestle/General Mills	Cheerios Honey	30	7.2	0.28	24.0	0.94
UK	Nestle	Cheerios Honey	30	7.2	0.28	24.0	0.94
Australia	Nestle	Cheerios Honey	30	5.3	0.20	17.8	0.67
Cheerios Multigrain							
Oman	Nestle	Cheerios Multigrain	30	6.3	0.28	21.0	0.93
UK	Nestle	Cheerios Multigrain	30	6.3	0.28	21.0	0.93
Finland	Nestle	Cheerios Multigrain	30	6.3	0.27	20.9	0.90
Denmark	Nestlé	Cheerios Multigrain	30	6.3	0.28	20.9	0.93
Norway	Nestle	Cheerios Multigrain	30	6.3	0.28	20.9	0.93
Sweden	Nestle	Cheerios Multigrain	30	6.3	0.28	20.9	0.93
Hong Kong	General Mills	Cheerios Multigrain	29	6.0	0.29	20.7	0.96
United States	General Mills	Cheerios Multigrain	29	6.0	0.29	20.7	0.99
Kuwait	Nestle	Cheerios Multigrain	29	6.0	0.29	20.7	1.00
Mexico	Nestle	Cheerios Multigrain	30	6.0	0.31	20.0	1.02
Canada	General Mills	Cheerios Multigrain	30	6.0	0.40	20.0	1.33
Chocapic							

Belgium	Nestle/General Mills	Chocapic	30	8.6	0.11	29.0	0.38
Hungary	Nestle	Chocapic	30	8.7	0.14	28.9	0.47
Italy	Nestle	Chocapic	30	8.6	0.11	28.8	0.38
Spain	Nestle	Chocapic	30	8.6	0.11	28.8	0.38
Greece	Nestle	Chocapic	30	8.6	0.10	28.8	0.38
Kuwait	Nestle	Chocapic	30	8.6	0.10	28.8	0.38
Morocco	Nestle	Chocapic	30	8.6	0.10	28.8	0.38
UAE	Nestle	Chocapic	30	8.6	0.10	28.8	0.38
Qatar	Nestle	Chocapic	30	8.4	0.19	28.1	0.63
Hong Kong	Nestle	Chocapic	30	7.5	0.20	25.0	0.67
Chocos							
Pakistan	Kelloggs	Chocos	30	10.4	0.23	34.7	0.75
India	Kelloggs	Chocos	30	10.4	0.25	34.6	0.83
Denmark	Kelloggs	Chocos	30	8.7	0.23	29.0	0.77
Norway	Kelloggs	Chocos	30	8.7	0.23	29.0	0.77
Greece	Kelloggs	Chocos	30	8.7	0.23	29.0	0.78
Italy	Kelloggs	Chocos	30	8.7	0.23	29.0	0.78
Kuwait	Kelloggs	Chocos	30	8.7	0.23	29.0	0.78
Morocco	Kelloggs	Chocos	30	8.7	0.23	29.0	0.78
Spain	Kelloggs	Chocos	30	8.7	0.23	29.0	0.78
UAE	Kelloggs	Chocos	30	8.7	0.23	29.0	0.78
Belgium	Kelloggs	Chocos	30	8.7	0.23	29.0	0.78
Coco Pops							
United States	Kelloggs	Coco Pops	31	12.0	0.33	38.7	1.05
Hong Kong	Kelloggs	Coco Pops	30	11.6	0.34	38.7	1.13
Mexico	Kelloggs	Coco Pops	30	11.0	0.45	36.7	1.50
Australia	Kelloggs	Coco Pops	30	11.0	0.32	36.5	1.06
New Zealand	Kelloggs	Coco Pops	30	11.0	0.32	36.5	1.06
Kuwait	Kelloggs	Coco Pops	30	11.0	0.22	35.0	0.73
Netherlands	Kelloggs	Coco Pops	30	11.0	0.22	35.0	0.73
Spain	Kelloggs	Coco Pops	30	10.5	0.22	35.0	0.73
UK	Kelloggs	Coco Pops	30	11.0	0.23	35.0	0.75
Hungary	Kelloggs	Coco Pops	30	11.0	0.23	35.0	0.75

India	Kelloggs	Coco Pops	30	11.0	0.23	35.0	0.75
Italy	Kelloggs	Coco Pops	30	11.0	0.23	35.0	0.75
Pakistan	Kelloggs	Coco Pops	30	11.0	0.23	35.0	0.75
Sweden	Kelloggs	Coco pops	30	11.0	0.23	35.0	0.75
Ireland	Kelloggs	Coco Pops	30	10.5	0.23	35.0	0.75
Finland	Kelloggs	Coco Pops	30	10.5	0.24	35.0	0.80
Belgium	Kelloggs	Coco Pops	30	11.0	0.22	35.0	0.73
Qatar	Kelloggs	Coco pops	30	8.7	0.23	29.0	0.78
Oman	Kelloggs	Coco Pops	30	8.1	0.23	27.0	0.75
Cookie Crisp							
United States	General Mills	Cookie Crisp	26	9.0	0.30	34.6	1.15
Mexico	Nestle	Cookie Crisp	30	9.0	0.30	30.0	0.98
UK	Nestle	Cookie Crisp	30	7.5	0.23	25.0	0.78
Ireland	Nestle	Cookie Crisp	30	7.5	0.23	25.0	0.78
India	Nestle	Cookie Crisp	30	7.5	0.23	25.0	0.78
Belgium	Nestle	Cookie Crisp	30	7.5	0.23	25.0	0.78
Greece	Nestle	Cookie Crisp	30	7.5	0.23	24.9	0.78
Kuwait	Nestle	Cookie Crisp	30	7.5	0.23	24.9	0.78
UAE	Nestle	Cookie Crisp	30	7.5	0.23	24.9	0.78
Croatia	Nestle	Cookie Crisp	30	7.5	0.23	24.8	0.77
Finland	Nestle	Cookie Crisp	30	7.3	0.25	24.2	0.84
Italy	Nestle	Cookie Crisp	30	7.2	0.25	24.2	0.84
Qatar	Nestle	Cookie Crisp	30	7.2	0.25	24.2	0.84
Corn Flakes							
United States	Kelloggs	Corn Flakes	28	3.0	0.50	10.7	1.79
Canada	Kelloggs	Corn Flakes	29	3.0	0.48	10.0	1.64
Mexico	Kelloggs	Corn Flakes	30	3.0	0.38	10.0	1.25
Hong Kong	Kelloggs	Corn Flakes	30	2.7	0.50	9.0	1.67
India	Kelloggs	Corn Flakes	30	2.5	0.58	8.3	1.93
Pakistan	Kelloggs	Corn Flakes	30	2.5	0.58	8.3	1.92
Sri Lanka	Kelloggs	Corn Flakes	30	2.5	0.58	8.3	1.92
Australia	Kelloggs	Corn Flakes	35	2.8	0.48	8.1	1.37
New Zealand	Kelloggs	Corn Flakes	35	2.8	0.48	8.1	1.37

Belgium	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Denmark	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Greece	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Hungary	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Ireland	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Kuwait	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Morocco	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Netherlands	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Norway	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Oman	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Qatar	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Spain	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Sweden	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Italy	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
UK	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
UAE	Kelloggs	Corn Flakes	30	2.4	0.34	8.0	1.13
Finland	Kelloggs	Corn Flakes	30	2.4	0.33	8.0	1.10
Argentina	Kelloggs	Corn Flakes	30	2.4	0.31	8.0	1.04
Brazil	Kelloggs	Corn Flakes	30	2.4	0.31	8.0	1.04
Crunchy Nut Cornflakes							
UK	Kelloggs	Crunchy Nut Cornflakes	30	11.0	0.24	35.0	0.80
Hungary	Kelloggs	Crunchy Nut Cornflakes	30	11.0	0.24	35.0	0.80
India	Kelloggs	Crunchy Nut Cornflakes	30	11.0	0.24	35.0	0.80
Kuwait	Kelloggs	Crunchy Nut Cornflakes	30	11.0	0.24	35.0	0.80
UAE	Kelloggs	Crunchy Nut Cornflakes	30	11.0	0.24	35.0	0.80
Spain	Kelloggs	Crunchy Nut Cornflakes	30	10.5	0.24	35.0	0.80
Ireland	Kelloggs	Crunchy Nut Cornflakes	30	11.0	0.26	35.0	0.88
Mexico	Kelloggs	Crunchy Nut Cornflakes	31	10.0	0.34	32.3	1.09
Australia	Kelloggs	Crunchy Nut Cornflakes	35	11.1	0.33	31.7	0.94
New Zealand	Kelloggs	Crunchy Nut Cornflakes	35	11.1	0.33	31.7	0.94
Fitness							
Argentina	Nestle	Fitness	30	4.5	0.31	15.0	1.03
Belgium	Nestle	Fitness	30	3.5	0.34	12.0	1.10

Spain	Nestle	Fitness	30	3.6	0.34	12.0	1.14
Croatia	Nestle	Fitness	30	3.5	0.33	11.8	1.10
UAE	Nestle	Fitness	30	3.5	0.34	11.8	1.14
Greece	Nestle	Fitness	30	3.5	0.34	11.8	1.14
Italy	Nestle	Fitness	30	3.5	0.34	11.8	1.14
Kuwait	Nestle	Fitness	30	3.5	0.34	11.8	1.14
Morocco	Nestle	Fitness	30	3.5	0.34	11.8	1.14
Mexico	Nestle	Fitness	30	3.5	0.34	11.7	1.13
Denmark	Nestle	Fitness	30	2.8	0.27	9.5	0.91
Sweden	Nestle	Fitness	30	2.8	0.27	9.5	0.91
Norway	Nestle	Fitness	30	2.8	0.27	9.5	0.91
Fitness Fruits							
Hong Kong	Nestle	Fitness Fruits	40	12.1	0.37	30.3	0.92
Pakistan	Nestle	Fitness Fruits	40	12.1	0.37	30.3	0.92
Greece	Nestle	Fitness Fruits	40	10.5	0.35	26.1	0.86
Hungary	Nestle	Fitness Fruits	40	10.5	0.35	26.1	0.86
Italy	Nestle	Fitness Fruits	40	10.5	0.35	26.1	0.86
Kuwait	Nestle	Fitness Fruits	40	10.5	0.35	26.1	0.86
Oman	Nestle	Fitness Fruits	40	10.5	0.35	26.1	0.86
Spain	Nestle	Fitness Fruits	40	10.4	0.34	26.1	0.86
Finland	Nestle	Fitness Fruits	30	7.8	0.27	26.1	0.90
Belgium	Nestle	Fitness Fruits	40	10.4	0.34	26.1	0.86
Mexico	Nestle	Fitness Fruits	40	10.0	0.37	25.0	0.93
Froot Loops							
Mexico	Kelloggs	Froot Loops	30	12.0	0.40	40.0	1.33
Brazil	Kelloggs	Froot Loops	30	12.0	0.31	40.0	1.03
Australia	Kelloggs	Froot Loops	30	11.4	0.26	38.0	0.85
New Zealand	Kelloggs	Froot Loops	30	11.4	0.26	38.0	0.85
Canada	Kelloggs	Froot Loops	27	10.0	0.26	37.0	0.97
Pakistan	kelloggs	Froot Loops	30	11.0	0.34	36.7	0.92
United States	Kelloggs	Froot Loops	29	10.0	0.38	34.5	1.29
Hong Kong	Kelloggs	Froot Loops	29	10.0	0.38	34.5	1.29
UAE	Kelloggs	Froot Loops	30	7.5	0.34	25.0	1.13

Kuwait	Kelloggs	Froot Loops	30	7.5	0.34	25.0	1.13
Frosties							
Australia	Kelloggs	Frosties	30	12.4	0.24	41.3	0.80
New Zealand	Kelloggs	Frosties	30	12.4	0.24	41.3	0.80
Argentina	Kelloggs	Frosties	30	12.0	0.19	40.0	0.63
Mexico	Kelloggs	Frosties	30	12.0	0.29	40.0	0.96
Brazil	Kelloggs	Frosties	30	12.0	0.32	40.0	1.08
UK	Kelloggs	Frosties	30	11.1	0.25	37.0	0.83
Spain	Kelloggs	Frosties	30	11.1	0.25	37.0	0.83
Belgium	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Denmark	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Greece	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Italy	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Kuwait	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Morocco	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Netherlands	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Qatar	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Sweden	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
UAE	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
Ireland	Kelloggs	Frosties	30	11.1	0.26	37.0	0.88
Hungary	Kelloggs	Frosties	30	11.0	0.25	37.0	0.83
India	Kelloggs	Frosties	30	11.0	0.25	36.7	0.83
Canada	Kelloggs	Frosties	28	10.0	0.33	35.7	1.16
United States	Kelloggs	Frosties	29	10.0	0.38	34.5	1.29
Hong Kong	Kelloggs	Frosties	30	9.0	0.38	30.0	1.26
Pakistan	Kelloggs	Frosties	30	9.0	0.38	30.0	1.26
Frozen							
Mexico	Kelloggs	Frozen	32	10.0	0.38	31.3	1.17
United States	Kelloggs	Frozen	32	10.0	0.38	31.3	1.17
Australia	Kelloggs	Frozen	30	6.7	0.11	22.2	0.36
New Zealand	Kelloggs	Frozen	30	6.7	0.11	22.2	0.36
Hong Kong	Kelloggs	Frozen	30	6.4	0.38	21.2	1.26
Croatia	Kelloggs	Frozen	30	6.3	0.11	21.0	0.38

Qatar	Kelloggs	Frozen	30	6.3	0.11	21.0	0.38
UK	Kelloggs	Frozen	30	6.3	0.11	21.0	0.38
Spain	Kelloggs	Frozen	30	6.3	0.11	21.0	0.38
Belgium	Kelloggs	Frozen	30	6.3	0.11	21.0	0.38
Greece	Kelloggs	Frozen	30	6.3	0.11	21.0	0.38
Kuwait	Kelloggs	Frozen	30	6.3	0.11	21.0	0.38
Norway	Kelloggs	Frozen	30	6.3	0.11	21.0	0.38
Finland	Kelloggs	Frozen	30	6.3	0.12	21.0	0.40
Lion							
Croatia	Nestle	Lion	30	8.9	0.14	29.7	0.45
Denmark	Nestle	Lion	30	8.9	0.13	29.7	0.45
Finland	Nestle	Lion	30	8.9	0.15	29.7	0.50
Hungary	Nestle	Lion	30	8.9	0.13	29.7	0.45
Norway	Nestle	Lion	30	8.9	0.13	29.7	0.45
Mexico	Nestle	Lion	30	8.9	0.13	29.7	0.45
UK	Nestle	Lion	30	8.7	0.15	29.0	0.50
Qatar	Nestle	Lion	30	8.6	0.10	28.8	0.38
Spain	Nestle	Lion	30	8.6	0.15	28.7	0.50
Morocco	Nestle	Lion	30	8.6	0.15	28.7	0.50
Italy	Nestle	Lion	30	8.6	0.15	28.7	0.50
UAE	Nestle	Lion	30	8.6	0.15	28.7	0.50
Greece	Nestle	Lion	30	8.6	0.15	28.7	0.50
Kuwait	Nestle	Lion	30	8.6	0.15	28.7	0.50
Nesquik							
Canada	Nestle	Nesquik	29	9.0	0.43	31.0	1.47
Argentina	Nestle	Nesquik	30	9.0	0.15	30.0	0.50
Mexico	Nestle	Nesquik	30	8.9	0.24	29.7	0.80
Kuwait	Nestle	Nesquik	30	8.4	0.19	28.1	0.63
Qatar	Nestle	Nesquik	30	8.4	0.19	28.1	0.63
UAE	Nestle	Nesquik	30	8.4	0.15	27.9	0.51
Croatia	Nestle	Nesquik	30	7.6	0.15	25.2	0.50
Greece	Nestle	Nesquik	30	7.6	0.15	25.2	0.50
Italy	Nestle	Nesquik	30	7.6	0.15	25.2	0.50

Morocco	Nestle	Nesquik	30	7.6	0.15	25.2	0.50
Spain	Nestle	Nesquik	30	7.6	0.15	25.2	0.50
Denmark	Nestle	Nesquik	30	7.6	0.17	25.2	0.58
Finland	Nestle	Nesquik	30	7.5	0.15	25.1	0.50
Belgium	Nestle/General Mills	Nesquik	30	7.6	0.15	25.0	0.50
UK	Nestle	Nesquik	30	7.5	0.15	25.0	0.50
Ireland	Nestle	Nesquik	30	7.5	0.15	25.0	0.50
Norway	Nestle	Nesquik	30	7.5	0.15	25.0	0.51
Rice Krispies							
United States	Kelloggs	Rice Krispies	33	4.0	0.48	12.1	1.44
Mexico	Kelloggs	Rice Krispies	25	3.0	0.35	12.0	1.40
Canada	Kelloggs	Rice Krispies	28	3.0	0.48	10.7	1.70
Australia	Kelloggs	Rice Krispies	35	3.7	0.46	10.6	1.32
Finland	Kelloggs	Rice Krispies	30	3.0	0.33	10.0	1.10
Denmark	Kelloggs	Rice Krispies	30	3.0	0.34	10.0	1.13
India	Kelloggs	Rice Krispies	30	3.0	0.34	10.0	1.13
Pakistan	Kelloggs	Rice Krispies	30	3.0	0.34	10.0	1.13
Ireland	Kelloggs	Rice Krispies	30	3.0	0.34	10.0	1.13
UK	Kelloggs	Rice Krispies	30	3.0	0.34	10.0	1.13
Sri Lanka	Kelloggs	Rice Krispies	30	2.7	0.58	9.0	1.92
Belgium	Kelloggs	Rice Krispies	30	2.4	0.34	8.0	1.13
Italy	Kelloggs	Rice Krispies	30	2.4	0.34	8.0	1.13
Kuwait	Kelloggs	Rice Krispies	30	2.4	0.34	8.0	1.13
Qatar	Kelloggs	Rice Krispies	30	2.4	0.34	8.0	1.13
Spain	Kelloggs	Rice Krispies	30	2.4	0.34	8.0	1.13
Honey Smacks							
Mexico	Kelloggs	Smacks	30	17.0	0.11	56.7	0.38
United States	Kelloggs	Smacks	27	15.0	0.10	55.6	0.37
Belgium	Kelloggs	Smacks	30	13.0	0.02	43.0	0.08
Kuwait	Kelloggs	Smacks	30	13.0	0.02	43.0	0.08
Morocco	Kelloggs	Smacks	30	13.0	0.02	43.0	0.08
Norway	Kelloggs	Smacks	30	13.0	0.02	43.0	0.08
Qatar	Kelloggs	Smacks	30	13.0	0.02	43.0	0.08

UAE	Kelloggs	Smacks	30	13.0	0.02	43.0	0.08
Spain	Kelloggs	Smacks	30	12.9	0.02	43.0	0.08
Special K							
Pakistan	Kelloggs	Special K	30	7.5	0.50	25.0	1.67
Sri Lanka	Kelloggs	Special K	30	7.5	0.50	25.0	1.67
India	Kelloggs	Special K	30	7.5	0.50	25.0	1.67
Ireland	Kelloggs	Special K	30	5.1	0.30	17.0	1.00
Mexico	Kelloggs	Special K	30	5.0	0.38	16.7	1.25
Belgium	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
Greece	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
Hungary	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
Italy	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
Morocco	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
Netherlands	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
Oman	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
Spain	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
UK	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
UAE	Kelloggs	Special K	30	4.5	0.30	15.0	1.00
Australia	Kelloggs	Special K	40	5.8	0.36	14.5	0.90
New Zealand	Kelloggs	Special K	40	5.8	0.36	14.5	0.90
United States	Kelloggs	Special K	31	4.0	0.53	12.9	1.69
Canada	Kelloggs	Special K	32	4.0	0.58	12.5	1.80
Denmark	Kelloggs	Special K	30	3.6	0.30	11.9	1.00
Finland	Kelloggs	Special K	30	3.6	0.30	11.9	1.00
Norway	Kelloggs	Special K	30	3.6	0.30	11.9	1.00
Sweden	Kelloggs	Special K	30	3.6	0.30	11.9	1.00