

Kellogg's

High Fibre



With
Wholegrain



Fruit 'n' Fibre



Per Portion (10g)

kJ191	Cal	Energy	Sugars	Fats
45kcal	3.4g	1.0g	9.0g	0.0g
84	3%	2%	18%	0%

Per 100g: 191 kJ / 45 kcal