

CEREALS



NUTRITION INFORMATION				
Servings per package: 10		Serving Size: 50 g		
	Per Serve (50 g)	% DI**	Per Serve with 1/2 cup skim milk	Per 100 g
Energy	832 kJ	10%	1060 kJ	1660 kJ
	199 Cal		253 Cal	398 Cal
Protein	5.3 g	11%	10.5 g	10.5 g
Fat, Total	6.6 g	9%	6.8 g	13.2 g
-Saturated	1.0 g	4%	1.0 g	1.9 g
Carbohydrate	24.6 g	8%	32.2 g	49.1 g
-Sugars	8.8 g	10%	16.5 g	17.6 g
Dietary Fibre	10.1 g	34%	10.1 g	20.2 g
-Insoluble	4.0 g		7.9 g	
-Soluble	6.2 g		12.3 g	
-Beta-glucan	1.2 g		2.4 g	
-Resistant Starch	0.3 g		0.5 g	
Sodium	70 mg	3%	133 mg	140 mg

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: Whole Grain Rolled Oats, BARLEYmax™ (Whole Grain Rolled Barley Flakes) (15%), Chicory Root Fibre, Bran Crisps (Wheat Bran, Rice, Wheat, Oat Bran), Oat Flour, Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Brown Rice Syrup, Raw Sugar, Nuts (Cashews (3%), Macadamias (1.5%)), Canola Oil, Psyllium Husk, Skim Milk Powder, Soy Protein Crisps, Natural Flavour, Modified Starch (Tapioca Dextrin), Salt, Antioxidant (Vitamin E), Emulsifier (Soy Lecithin).



NUTRITION INFORMATION				
Servings per package: 10		Serving Size: 50 g		
	Per Serve (50 g)	% DI**	Per Serve with 1/2 cup skim milk	Per 100 g
Energy	876 kJ	10%	1100 kJ	1750 kJ
	209 Cal		263 Cal	419 Cal
Protein	10.0 g	20%	15.3 g	20.0 g
Fat, Total	7.6 g	11%	7.8 g	15.2 g
-Saturated	1.0 g	4%	1.0 g	1.9 g
Carbohydrate	21.0 g	7%	28.6 g	41.9 g
-Sugars	8.4 g	9%	16.0 g	16.7 g
Dietary Fibre	8.5 g	28%	8.5 g	17.0 g
-Insoluble	3.6 g		7.2 g	
-Soluble	4.9 g		9.8 g	
-Beta-glucan	1.0 g		2.1 g	
-Resistant Starch	0.3 g		0.6 g	
Sodium	83 mg	3.6%	146 mg	166 mg

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: Whole Grain Rolled Oats, BARLEYmax™ (Whole Grain Rolled Barley Flakes) (16%), Chicory Root Fibre, Raw Sugar, Bran Crisps (Wheat Bran, Rice, Wheat, Oat Bran), Soy Protein Isolate, Brown Rice Syrup, Nuts (Cashews (4.4%), Almonds (2.7%)), Seeds (6%) (Linseed, Sunflower Seeds), Soy Protein Crisps, Canola Oil, Oat Flour, Natural Flavour, Antioxidant (Vitamin E), Emulsifier (Soy Lecithin).



NUTRITION INFORMATION				
Servings per package: 10		Serving Size: 50 g		
	Per Serve (50 g)	% DI**	Per Serve with 1/2 cup skim milk	Per 100 g
Energy	740 kJ	9%	964 kJ	1480 kJ
	177 Cal		231 Cal	353 Cal
Protein	6.2 g	12%	11.4 g	12.3 g
Fat, Total	3.4 g	5%	3.6 g	6.8 g
-Saturated	0.7 g	3%	0.7 g	1.3 g
Carbohydrate	23.8 g	8%	31.4 g	47.5 g
-Sugars	12.0 g	13%	19.7 g	24.0 g
Dietary Fibre	13.1 g	44%	13.1 g	26.1 g
-Insoluble	6.2 g		12.4 g	
-Soluble	6.9 g		13.7 g	
-Beta-glucan	2.4 g		4.7 g	
-Resistant Starch	0.9 g		1.8 g	
Sodium	6 mg	0.3%	69 mg	12 mg

Glycemic Index (GI) - Low 39

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (60%), Whole Grain Rolled Oats, Fruit (Sultanas (8%) (Sultanas, Vegetable Oil), Apple (4%)), Golden Syrup, Brown Rice Syrup.



NUTRITION INFORMATION				
Servings per package: 10		Serving Size: 50 g		
	Per Serve (50 g)	% DI**	Per Serve with 1/2 cup skim milk	Per 100 g
Energy	800 kJ	9%	1020 kJ	1600 kJ
	191 Cal		245 Cal	382 Cal
Protein	6.7 g	13%	11.9 g	13.3 g
Fat, Total	5.5 g	8%	5.6 g	10.9 g
-Saturated	0.8 g	3%	0.8 g	1.5 g
Carbohydrate	23.6 g	8%	31.3 g	47.2 g
-Sugars	8.1 g	9%	15.7 g	16.1 g
Dietary Fibre	10.3 g	34%	10.3 g	20.5 g
-Insoluble	5.4 g		10.8 g	
-Soluble	4.9 g		9.7 g	
-Beta-glucan	2.0 g		4.0 g	
-Resistant Starch	0.7 g		1.4 g	
Sodium	5 mg	0.2%	68 mg	10 mg

Glycemic Index (GI) - Low 46

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (47%), Whole Grain Rolled Oats, Cranberries (8%) (Cranberries, Sugar, Sunflower Oil), Seeds (6%) (Buckwheat, Sunflower Seeds, Linseed), Golden Syrup, Almonds (4.5%), Brown Rice Syrup, Cinnamon (0.5%).

BARs



NUTRITION INFORMATION				
Servings per package: 6		Serving Size: 35 g		
	Average Quantity Per Serve (35 g)	% DI**	Average Quantity Per 100 g	Average Quantity Per 100 g
Energy	555 kJ	6%	1590 kJ	
	133 Cal		379 Cal	
Protein	3.8 g	8%	10.8 g	
Fat, Total	4.9 g	7%	14.0 g	
-Saturated	0.6 g	3%	1.8 g	
Carbohydrate	12.8 g	4%	36.6 g	
-Sugars	3.7 g	4%	10.7 g	
Dietary Fibre	9.4 g	31%	26.7 g	
-Insoluble	2.5 g		7.2 g	
-Soluble	6.1 g		17.3 g	
-Beta-glucan	0.9 g		2.7 g	
-Resistant Starch	0.8 g		2.2 g	
Sodium	8 mg	0.4%	23 mg	

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (24%), Chicory Root Fibre, Brown Rice Syrup, Whole Grain Rolled Oats (12%), Peppitas, Canola Oil, Cranberries (4.8%), Puffed Rice, Almonds (3.5%), Corn Starch, Humectant (Glycerine [Plant Derived]), Golden Syrup, Natural Flavour, Emulsifier (Sunflower Lecithin), Antioxidant (Vitamin E).



NUTRITION INFORMATION				
Servings per package: 6		Serving Size: 35 g		
	Average Quantity Per Serve (35 g)	% DI**	Average Quantity Per 100 g	Average Quantity Per 100 g
Energy	509 kJ	6%	1460 kJ	
	122 Cal		349 Cal	
Protein	3.2 g	6%	9.2 g	
Fat, Total	4.1 g	6%	11.6 g	
-Saturated	0.6 g	2%	1.6 g	
Carbohydrate	12.4 g	4%	35.3 g	
-Sugars	4.3 g	5%	12.3 g	
Dietary Fibre	9.9 g	33%	28.1 g	
-Insoluble	2.3 g		6.5 g	
-Soluble	6.9 g		19.6 g	
-Beta-glucan	0.8 g		2.3 g	
-Resistant Starch	0.7 g		2.0 g	
Sodium	7 mg	0.3%	19 mg	

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (23%), Chicory Root Fibre, Brown Rice Syrup, Whole Grain Rolled Oats (12%), Fruit (11%) (Apple (Apple, Antioxidant [Ascorbic Acid]), Sultanas (Sultanas, Vegetable Oil)), Peppitas, Canola Oil, Puffed Rice, Corn Starch, Humectant (Glycerine [Plant Derived]), Golden Syrup, Natural Flavours (Apple, Chai), Cinnamon, Emulsifier (Sunflower Lecithin), Antioxidant (Vitamin E).



NUTRITION INFORMATION				
Servings per package: 6		Serving Size: 35 g		
	Average Quantity Per Serve (35 g)	% DI**	Average Quantity Per 100 g	Average Quantity Per 100 g
Energy	525 kJ	6%	1500 kJ	
	125 Cal		358 Cal	
Protein	3.5 g	7%	10.0 g	
Fat, Total	3.7 g	5%	10.6 g	
-Saturated	0.7 g	3%	2.0 g	
Carbohydrate	13.9 g	4%	39.7 g	
-Sugars	4.5 g	5%	12.8 g	
Dietary Fibre	9.5 g	32%	27.2 g	
-Insoluble	2.3 g		6.6 g	
-Soluble	6.2 g		17.8 g	
-Beta-glucan	0.9 g		2.5 g	
-Resistant Starch	1.0 g		2.8 g	
Sodium	8 mg	0.4%	24 mg	

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (25%), Chicory Root Fibre, Brown Rice Syrup, Whole Grain Rolled Oats (13%), Peppitas, Fruit (Cranberries (4.2%), Blueberries (1.3%)), Canola Oil, Puffed Rice, Corn Starch, Humectant (Glycerine [Plant Derived]), Golden Syrup, Yoghurt Compound (2.2%) (Yoghurt Powder (0.5%), Milk Solids), Natural Flavours, Emulsifier (Sunflower Lecithin), Antioxidant (Vitamin E).



NUTRITION INFORMATION				
Servings per package: 6		Serving Size: 35 g		
	Average Quantity Per Serve (35 g)	% DI**	Average Quantity Per 100 g	Average Quantity Per 100 g
Energy	560 kJ	6%	1600 kJ	
	134 Cal		382 Cal	
Protein	3.9 g	8%	11.2 g	
Fat, Total	5.5 g	8%	15.6 g	
-Saturated	0.7 g	3%	2.0 g	
Carbohydrate	11.7 g	4%	33.3 g	
-Sugars	2.7 g	3%	7.6 g	
Dietary Fibre	9.6 g	32%	27.4 g	
-Insoluble	3.3 g		9.3 g	
-Soluble	5.5 g		15.8 g	
-Beta-glucan	0.9 g		2.5 g	
-Resistant Starch	0.8 g		2.3 g	
Sodium	8 mg	0.3%	22 mg	

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (23%), Chia Seeds, Poppy Seeds, Sesame Seeds, Chicory Root Fibre, Brown Rice Syrup, Whole Grain Rolled Oats (12%), Canola Oil, Puffed Rice, Corn Starch, Humectant (Glycerine [Plant Derived]), Golden Syrup, Cinnamon, Natural Flavour, Emulsifier (Sunflower Lecithin), Antioxidant (Vitamin E).

Our fully qualified dietitians are here to provide general nutrition information about Barley+.

Please email us at nutritioncare@barleyplus.com.au

www.barleyplus.com.au

It's Time To

Reboot Your Gut



Available at Coles and Woolworths supermarkets nationally, in the main cereal aisle.



feel Positively Good⁺