

Product Guide - Magic Breakfast Products

Ingredients, allergens and nutritional information

England and Scotland



Purpose

This document provides authoritative product-level information on ingredients, allergens, and nutrition to support safe food provision within educational settings. It is designed for use by primary, secondary, and all-through schools, their appointed caterers, and local authorities.

The document supports compliance with UK food safety legislation, including the Food Information Regulations and Natasha's Law, by enabling clear identification of allergens and informed dietary decision-making.

This document also supports schools in meeting their responsibilities under the Department for Education's Allergy Safety in Schools guidance (England 2026), including the management of allergen information, staff awareness, and safe food provision for pupils with allergies. This document should be used alongside a school's own allergy safety policy, individual healthcare plans, and staff training arrangements.

Ingredients

Full ingredient declarations are provided for each product, listed in descending order by weight at the time of manufacture.

Allergens

All allergens are declared in line with UK legislation. The allergen matrix highlights the presence of the 14 declarable allergens and should be used in conjunction with on-pack labelling.

Nutrition

Nutrition information is provided per 100g and, where relevant, per serving, using standard calculation methods.



Version control

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- Review date: 22 January 2027
- Change summary: Updated to reflect Department for Education Allergy Safety in Schools statutory guidance (England, effective September 2026), including allergy safety information, school responsibilities and FAQs. Product amendments incorporated. Supersedes previous uncontrolled iterations.

Important notice

All reasonable care has been taken to ensure the accuracy of this information at the time of issue. Ingredients, suppliers, and manufacturing processes may change. Schools and caterers must always refer to the latest version of this document and to product labels when managing allergens and dietary requirements.



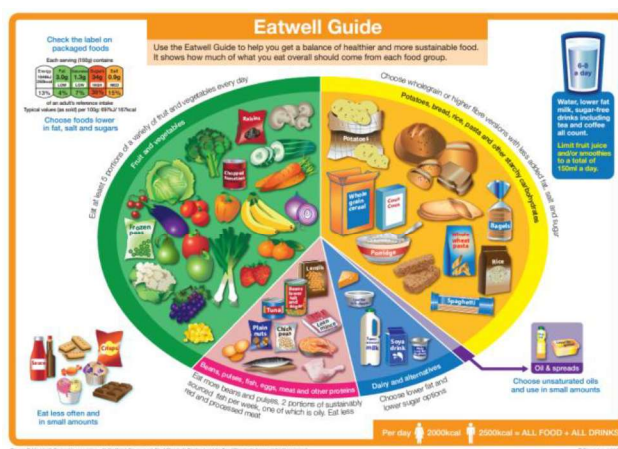
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Introduction

Magic Breakfast are committed to providing a nutritionally balanced breakfast at the start of the school day, using the NHS's Eatwell Guide as a reference to help us and schools provide a variety of offer across the school week. Through our Magic Menu, we are working hard to increase our offering across all of these food groups and to make products available to all schools.



Starchy carbs	Dairy and alternatives	Proteins	Fruit and vegetables
Warburtons Half and Half/Hovis Best of Both bread NYBC bagels Cereals Quaker porridge oats and OSS sachets	UHT Semi Skimmed Milk	Heinz No Added Sugar Beans	



In the following pages we provide a list of ingredients, allergens, nutritional and advisory guidance relating to all Magic Breakfast sourced food supplied to your school. Ingredients, allergens and nutritional information will be listed in the Magic Menu categories:

Starchy carbs

- Bakery
- Cereal
- Porridge Oats
- Instant Porridge Oats

Proteins

- Beans
- Eggs

Dairy

- Milk

We will update this document when we introduce new items, change our product range, guidance changes, or if food manufacturers adjust product ingredients.



Important information & limitations



Product information supplied by Magic Breakfast

Magic Breakfast does not manufacture food products. Ingredient, allergen, and nutrition information is provided to us by our manufacturers and suppliers and is shared in good faith.

Product formulations and specifications may change. Magic Breakfast will communicate known product changes where these have been notified by suppliers. Schools and caterers must always refer to the packaging supplied at the point of delivery and to the most current documentation when managing allergens and dietary requirements.

Schools must not amend or alter product data or images contained within this document. Where information is amended or used outside its original context, Magic Breakfast cannot accept responsibility for its accuracy.

Product images

Product images are provided for illustrative purposes only. Manufacturers may change packaging from time to time. Magic Breakfast does not warrant the accuracy of third-party images or branding.

Product range availability

While we work closely with our suppliers to maintain continuity of provision, not all products may always be available to all schools.

School responsibilities

Schools are responsible for maintaining appropriate allergy management procedures, staff training, pupil healthcare plans, emergency response arrangements, and compliance with relevant statutory guidance. This document should be used as one source of allergen information and must not replace local risk assessments or allergy management policies.

Schools are responsible for ensuring compliance with their own national and local allergy management requirements and should use this document alongside their allergy policies, healthcare plans, staff training arrangements and risk assessments.



Allergy Safety in Schools (England)

This guidance document supports schools in managing allergen information for Magic Breakfast supplied products.

The Department for Education's Allergy Safety in Schools statutory guidance applies to schools in England. Scottish schools should continue to follow the relevant Scottish Government, local authority and school allergy management guidance. Where legislative or policy requirements differ between England and Scotland, schools should follow the requirements applicable to their nation.

From September 2026, following the introduction of the Department for Education's Allergy Safety in Schools statutory guidance (sometimes referred to as Benedict's Law). The guidance requires schools to take a whole-school approach to allergy management and emergency response.

Schools should ensure they have:

- A published allergy safety policy.
- Appropriate allergy awareness and emergency response training for staff.
- Individual healthcare plans for pupils with significant allergies.
- Effective arrangements for communicating allergen information.
- Procedures for managing allergic reactions and access to emergency medication, including adrenaline auto-injectors where required.

Magic Breakfast provides ingredient and allergen information for supplied products. Schools remain responsible for assessing suitability for individual pupils and implementing local allergy management procedures.



Natasha's Law

Allergen Labelling Requirements in Schools

Natasha's Law requires that any food that is classified as **Pre-Packed for Direct Sale (PPDS)** be labelled with a full ingredients list and allergens highlighted in bold.

PPDS means food that is packaged at the same place it is offered to consumers, even if it is offered free of charge. If it is offered in a public space for people to consume, and is packaged as below, it must be labelled clearly:

- The food is fully or partly enclosed by the packaging
- The food cannot be altered without opening or changing the packaging
- The food is ready to offer to the final consumer

Examples of **PPDS** food that may be provided by schools include:

- fruit pots / breakfast pots made in advance of children choosing them
- a sandwich completely enclosed in cling film
- bread or bagel placed in a paper bag with the bag folded over or twisted to encase the bread

For more information on Natasha's Law, labelling, and how we apply it to our products see page 25.



Ingredients, Allergens and Nutritional Information Guidance Key

What do the colour codes mean?

Nutritional information is given using the UK Government's food labelling guidance, School Food Standards (SFS) and Nutritional Requirements for Healthy Eating in Schools (Scotland) Regulations 2020.

Key information is given for the amount of fat, sugar and salt per 100g, and is colour coded in the following pages coded (as below) as a visual guide, and for ease of use.

Green	Orange	Red
Low content (encouraged by SFS)	Medium content (accepted by SFS)	High content (not permitted by SFS)

Products that are classified as **high fibre** (more than 6g per 100g) have also been highlighted in green text to highlight higher fibre options. For more details on fibre and portion size please see Magic Breakfast Portion Size Guide.

Please note:

- Colour coding is provided as a **visual guide only** and does not replace formal assessment against School Food Standards.
- Reference intake values are provided where supplied by manufacturers and may not appear for all products.



Bakery: Ingredients, Allergens and Nutritional Information

Warburtons half and half ®			
Ingredients: Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)] and Wholemeal Wheat Flour, Water, Yeast, Vegetable Oils (Rapeseed and Sustainable Palm), Salt, Wheat Gluten, Malted Barley Flour, Emulsifiers: E471, E472e; Soya Flour, Preservative: Calcium Propionate; Flavouring, Flour Treatment Agent: Ascorbic Acid (Vitamin C). Allergen Information: Contains Barley (gluten), Wheat (gluten), Soya flour. Produced in a bakery that uses sesame seeds and milk. Additional information:			
Nutritional Profile	Per 100g	Per 40.3g serving*	% RI per serving
Energy	248 Kcal	100 Kcal	5%
Fat	2.8g	1.1g	2%
Saturated Fat	0.7g	0.3g	2%
Carbohydrates	43.6g	17.6g	
Sugar	2.7g	1.1g	1%
Fibre	4.2g	1.7g	
Protein	10.0g	4.0g	
Salt	0.95g	0.38g	6%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50g – 70g/ 1 slice		80g – 100g/2 slices	
Data sheet: 6 January 2023			



Bakery: Ingredients, Allergens and Nutritional Information

Hovis Best of Both ® Medium			
Ingredients: Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal Flour (Wheat) (32%), Yeast, Calcium Sulphate, Salt, Wheat Protein , Soya Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid. Allergen Information: Contains Gluten , Wheat and Soya Additional information:			
Nutritional Profile	Per 100g	Per 40.3g serving*	% RI per serving
Energy	226 Kcal	91 Kcal	5%
Fat	1.6g	0.6g	1%
Saturated Fat	0.3g	0.1g	1%
Carbohydrates	40.8g	16.3g	6%
Sugar	2.9g	1.1g	1%
Fibre	5.6g	2.2g	
Protein	9.5g	3.8g	8%
Salt	0.90g	0.36g	6%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50g – 70g/ 1 slice		80g – 100g/2 slices	
Data sheet: 20 October 2023			



Bakery: Ingredients, Allergens and Nutritional Information

New York Bakery Co ® Original Bagels (Added Fibre)			
Ingredients: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Spirit Vinegar, Wheat Fibre, Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), Malted Barley Flour, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid). Allergen Information: Contains Wheat flour (gluten), Malted Barley Flour (gluten). May contain Sesame (manufactured in a facility that handles Sesame). Additional information: Suitable for Vegetarians and Vegans. Free from artificial colours and flavours. Made on a nut-free site.			
Nutritional Profile	Per 100g	Per 85g serving (whole bagel)*	% RI per serving
Energy	259 Kcal	220 Kcal	
Fat	1.2g	1g	
Saturated Fat	0.2g	0.2g	
Carbohydrates	50.2g	42.7g	
Sugar	5.3g	4.5g	
Fibre	3.8g	3.3g	
Protein	9.8g	8.4g	
Salt	0.8g	0.7g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50g – 70g /half bagel		80g – 100g/ whole bagel	
Data sheet: 24 February 2021			



Cereal: Ingredients, Allergens and Nutritional Information

Kellogg's Cornflakes ®			
Ingredients: Maize, Barley Malt extract, Sugar, Salt. Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12			
Allergen Information: Contains Barley (gluten). May contain gluten from other cereals.			
Additional information:			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	378 Kcal	113 Kcal	
Fat	0.9g	0.3g	
Saturated Fat	0.2g	0.1g	
Carbohydrates	84g	25g	
Sugar	8.0g	2.4g	
Fibre	3.0g	0.9g	
Protein	7.0g	2.1g	
Salt	1.1g	0.34g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 03 September 2020			



Cereal: Ingredients, Allergens and Nutritional Information

Kellogg's Rice Krispies® Multigrain Shapes			
Ingredients: Cereal Flours: Rice (50%), Oat (27%), Maize (5.5%), Sugar, Glucose Syrup, Chicory Root Fibre, Caramelised Sugar, Calcium Carbonate, Natural Flavouring, Niacin, Iron, Antioxidants (Ascorbyl palmitate, Alphatocopherol), Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.			
Allergen Information: Contains Oat (gluten). May contain gluten from other cereals, Soy and Milk.			
Additional information:			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	397 Kcal	119 Kcal	
Fat	2.9g	0.9g	
Saturated Fat	0.5g	0.2g	
Carbohydrates	82g	25g	
Sugars	15g	4.5g	
Fibre	7.5g	2.3g	
Protein	7.0g	2.1g	
Salt	0.18g	0.05g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 18 September 2025			



Cereal: Ingredients, Allergens and Nutritional Information

Weetabix ® Original			
Ingredients: Wholegrain Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Folic Acid Allergen Information: Contains Wheat (gluten) and Barley (gluten). Not suitable for Coeliacs. Additional information:			
Nutritional Profile	Per 100g	Per 37.5g serving* (2 biscuits)	% RI per serving
Energy	362 Kcal	136 Kcal	
Fat	2.0g	0.8g	
Saturated Fat	0.6g	0.2g	
Carbohydrates	69g	26g	
Sugar	4.2g	1.6g	
Fibre	10g	3.8g	
Protein	12.0g	4.5g	
Salt	0.28g	0.10g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: January 2022			



Cereal: Ingredients, Allergens and Nutritional Information

Quaker® Granola No Added Sugar Oat Crunch			
Ingredients: Wholegrain rolled Oats (38%), Chicory root fibre, Wheat flakes (16%), Sunflower oil, Oat flour, Rice flour, Wheat flour, Salt, natural flavourings (contains Wheat). Allergen Information: Contains Oats (gluten) and Wheat (gluten). May contain Milk and other cereals containing gluten. Additional information:			
Nutritional Profile	Per 100g	Per 45g serving*	% RI per serving
Energy	408 Kcal	184Kcal	9%
Fat	17g	7.5g	11%
Saturated Fat	1.7g	0.8g	4%
Carbohydrates	44g	20g	
Sugar	3.7g	1.7g	2%
Fibre	26g	11g	
Protein	7.3g	3.3g	
Salt	0.12g	0.05g	<1%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 28 August 2025			



Gluten Free Cereal: Ingredients, Allergens and Nutritional Information

Go Free® Corn Flakes			
Ingredients: Maize grits, Sugar, Salt, Invert Sugar Syrup, Molasses, Vitamin B3, B5, B9, B6, B2. Allergen Information: May contain PEANUTS and NUTS. Additional information: GLUTEN FREE 			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	382 Kcal	115Kcal	6%
Fat	1.4g	0.4g	<1%
Saturated Fat	0.5g	0.2g	1%
Carbohydrates	82.9g	24.9g	10%
Sugar	8.8g	2.6g	3%
Fibre	4.2g	1.3g	
Protein	7.4g	2.2g	4%
Salt	1.33g	0.40g	7%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 27 February 2025			



Porridge Oats: Ingredients, Allergens and Nutritional Information

Quaker ® Rolled Porridge Oats			
Ingredients: 100% Quaker Rolled Oats Allergen Information: Contains Oats . May contain Wheat and Barley . Additional information:			
Nutritional Profile	Per 100g	Per 40g serving*	% RI per serving
Energy	374 Kcal	150 Kcal	8%
Fat	8g	3.2g	5%
Saturated Fat	1.5g	0.6g	3%
Carbohydrates	60g	24g	
Sugars	1.1g	0.4g	<1%
Fibre	9.0g	3.6g	
Protein	11g	4.4g	
Salt	0.0g	0.0g	5%
*This is the manufacturer’s suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 19 September 2025			



Instant Porridge Oats: Ingredients, Allergens and Nutritional Information

Quaker Oat So Simple Original ®			
Ingredients: Quaker Wholegrain Rolled Oats			
Allergen Information: Contains Oats (gluten). May contain Wheat, Barley, and Soya.			
Additional information:			
Nutritional Profile	Per 100g	Per 27g serving*	% RI per serving**
Energy	370 Kcal	100 Kcal	
Fat	7.7g	2.1g	
Saturated Fat	1.3g	0.3g	
Carbohydrates	59g	16g	
Sugar	1.0g	0.3g	
Fibre	9.0g	2.4g	
Protein	11g	3.0g	
Salt	0g	0g	
*This is the manufacturer's suggested serving size (not by age).			
** When served with recommended 160ml semi skimmed milk			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 19 September 2025			



Instant Porridge Oats: Ingredients, Allergens and Nutritional Information

Quaker® Oats and Fruit Summer Fruits			
Ingredients: Quaker Wholegrain Rolled Oats (88%), Fruit (12%) (Date juice Powder (7%), Strawberry Powder (2%), Freeze Dried Peach (1%), Freeze Dried Strawberry (1%), Freeze Dried Raspberry (1%)). Allergen Information: Contains Oats (gluten). May contain Wheat, Barley, Milk and Soya. Additional information:			
Nutritional Profile	Per 100g	Per 33g serving*	% RI per serving**
Energy	371 Kcal	122 Kcal	10%
Fat	7.2g	2.4g	7%
Saturated Fat	1.3g	0.4g	11%
Carbohydrates	62g	20g	
Sugars	6.0g	2.0g	11%
Fibre	8.9g	2.9g	
Protein	10g	3.3g	
Salt	0.03g	<0.01g	3%
*This is the manufacturer's suggested serving size (not by age). **When served with recommended 160ml semi skimmed milk			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 15 May 2025			



Proteins: Ingredients, Allergens and Nutritional Information

Heinz No Added Sugar Banz ®			
Ingredients: Beans (50%), Tomatoes (37%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract			
Allergen Information: N/A			
Additional information:			
Nutritional Profile	Per 100g	Per serving*	% RI per serving
Energy	66 Kcal		
Fat	0.2g		
Saturated Fat	<0.1g		
Carbohydrates	9.5g		
Sugar	1.9g		
Fibre	3.6g		
Protein	4.6g		
Salt	0.4g		
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
50-70g (1-2 tbsp) per serving		90-100g (3-4 tbsp) per serving	
Data sheet: 15 April 2021			



Dairy: Ingredients, Allergens and Nutritional Information

Arla Long Life Milk Semi Skimmed ®			
Ingredients: British UHT homogenised UHT Milk Allergen Information: Contains Milk and Milk products thereof (including Lactose) Additional information:			
Nutritional Profile	Per 100ml	Per 100ml serving*	% RI per serving
Energy	49 Kcal		
Fat	1.7g		
Saturated Fat	1.0g		
Carbohydrates	4.8g		
Sugar	4.8g		
Fibre			
Protein	3.6g		
Salt	0.11g		
*This is the manufacturer’s suggested serving size (not by age).			
Primary		Secondary	
200ml as a drink		250ml as a drink	
Data sheet: 24 September 2025			



Dairy: Ingredients, Allergens and Nutritional Information

Viva Semi Skimmed UHT Milk (Lakeland Dairies) ®			
Ingredients: Semi Skimmed Milk Allergen Information: Contains Milk Additional information: Store unopened in a cool dry place. Once opened, keep chilled and use within 3 days.			
Nutritional Profile	Per 100ml	Per 100ml serving*	% RI per serving
Energy	47 Kcal		
Fat	1.5g		
Saturated Fat	1.1g		
Carbohydrates	4.8g		
Sugar	4.8g		
Fibre	0g		
Protein	3.6g		
Salt	0.13g		
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
200ml as a drink		250ml as a drink	
Data sheet: 09 March 2026			



Natasha's Law

Further guidance on changes to allergen labelling requirement in schools

From October 2021, Natasha's Law came into force and changed the requirements for labelling food served in a variety of settings, including schools. Natasha's law requires any food that is classed as **Pre-Packed for Direct Sale (PPDS)** to be labelled with a full ingredients list and allergens highlighted in bold.

PPDS food is food that is packaged at the same place it is offered to consumers. Even if the food is offered free of charge, if it is offered in a public space for people to consume, and is packaged as in the examples below, it must be labelled clearly.

Food is PPDS if it is packaged as follows:

- the food is fully or partly enclosed by the packaging
- the food cannot be altered without opening or changing the packaging
- the food is ready to offer the final consumer

Examples of PPDS food that may be provided by schools include:

- fruit pots / breakfast pots made in advance of children choosing them
- a sandwich completely enclosed in cling film
- bread or bagel placed in a paper bag with the bag folded over or twisted to encase the bread



Common FAQs regarding PPDS food labelling in schools

If I display allergen information on a menu or on our website to inform parents, do I still need to label PPDS food? Yes. Using an allergen information sheet is not a substitute for PPDS food labelling.

Do I need to label food if I prepare and wrap food and keep it warm before it is ordered? Yes. If you prepack food in anticipation of consumer orders, these products will require PPDS labelling.

Do I need to label food wrapped in cling film? If the food is completely or partially enclosed by cling film before it is ordered (and is ready for presentation to the consumer), it is PPDS food. If an item is removed from cling film before it is presented to the consumer, then this is not PPDS food. This is non-prepacked food and so allergen information must be provided in some form.

Do I need to label food items if they are sold loose? No. Loose food which is not sold in packaging does not require a label. It must meet current allergen information requirements for non-prepacked food.

Do the PPDS changes affect school meals that are plated to order? No. If you are plating food (not prepacked before the point that it is ordered) there is no need to list ingredients. You must be able to provide information, in writing or orally, on the presence of any allergens in the food you are serving.

The Food Standards Agency provide further information, FAQs and a helpful labelling guide for PPDS food. You can access the site at: www.food.gov.uk/business-guidance/prepacked-for-direct-sale-ppdsallergen-labelling-changes-for-schools-colleges-and-nurseries



Benedict's Law and Allergy Safety

Does this document meet my school's allergy safety requirements?

No. This document provides allergen and ingredient information for Magic Breakfast products. Schools must also have their own allergy safety arrangements, policies, staff training and pupil-specific controls in place.

Does every member of staff need allergy awareness training?

Schools should follow current DfE statutory guidance regarding allergy awareness and emergency response training arrangements for staff.

Can schools rely solely on supplier allergen information?

No. Supplier information should be used alongside local allergy procedures, healthcare plans and product packaging supplied at the point of service.



Recently delisted items

Cereal: Ingredients, Allergens and Nutritional Information (AVAILABLE ENGLAND ONLY)

Kellogg's Rice Krispies ®			
Ingredients: Rice, Sugar, Salt, Barley Malt extract, Vitamins and Minerals: Niacin, Iron, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin 12			
Allergen Information: Contains Barley (gluten) . May contain gluten from other cereals.			
Additional information:			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	378 Kcal	85 Kcal	
Fat	1.2g	0.3g	
Saturated Fat	0.4g	0.1g	
Carbohydrates	86g	19g	
Sugar	7.9g	1.7g	
Fibre	2.9g	0.4g	
Protein	7.0g	1.5g	
Salt	1.0g	0.22g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 30 January 2025			



Cereal: Ingredients, Allergens and Nutritional Information (AVAILABLE ENGLAND ONLY)

Quaker® Mango and Passionfruit Granola			
Ingredients: Wholegrain rolled Oats (34%), Wheat protein (22%), Chicory root fibre, Sunflower oil, Wheat flakes (8%), Freeze dried Mango (1%), Freeze dried Passionfruit pieces (0.7%) (Apple puree concentrate, Passionfruit juice concentrate), Wheat flour, Natural flavourings, Salt. Allergen Information: Contains Oats (gluten) and Wheat (gluten). May contain Milk and other cereals containing gluten. Additional information:			
Nutritional Profile	Per 100g	Per 45g serving*	% RI per serving
Energy	405 Kcal	182Kcal	9%
Fat	16g	7.0g	10%
Saturated Fat	1.7g	0.8g	4%
Carbohydrates	34g	15g	
Sugar	5.3g	2.4g	3%
Fibre	22g	9.7g	
Protein	22g	9.9g	
Salt	0.21g	0.09g	2%
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 26 August 2025			



Cereal: Ingredients, Allergens and Nutritional Information (AVAILABLE ENGLAND ONLY)

Quaker Oat Granola Golden Crunch ®			
Ingredients: Rolled Oats (62%), Sugar, Glucose Syrup, Sunflower Oil, Cereal Crisps (Rice Flour, Wheat Flour, Natural Flavouring (contains Wheat), Emulsifier (Lecithins)), Oat Bran, Honey, Natural Flavouring, Antioxidant (Tocopherol-rich extract). Allergen Information: Contains Oat and Wheat flour (gluten). May contain Barley, Rye, Milk, Nuts. Additional information: This product may have been manufactured on a site that also handles nuts.			
Nutritional Profile	Per 100g	Per 45g serving*	% RI per serving
Energy	426 Kcal	192 Kcal	
Fat	10g	4.5g	
Saturated Fat	1.4g	0.6g	
Carbohydrates	71g	32g	
Sugar	19g	8.6g	
Fibre	7.2g	3.2g	
Protein	8.7g	3.9g	
Salt	<0.10g	0.01g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 22 January 2025			



Cereal: Ingredients, Allergens and Nutritional Information

Quaker Oat Crisp ®			
Ingredients: Wholegrain Rolled Oat (86%), Wheat Bran, Sugar, Raising Agent (Potassium Hydrogen Carbonate), Salt, Barley Malt Extract. Allergen Information: Contains Oat Flour, Wheat Bran, and Barley (gluten). Additional information:			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	390 Kcal	117 Kcal	
Fat	6.7g	2.0g	
Saturated Fat	1.2g	0.4g	
Carbohydrates	61g	18g	
Sugar	8.6g	2.6g	
Fibre	14g	4.2g	
Protein	14g	4.2g	
Salt	0.86g	0.26g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 19 September 2025			



Instant Porridge Oats: Ingredients, Allergens and Nutritional Information (AVAILABLE ENGLAND ONLY)

Quaker Oat So Simple Golden Syrup ®			
Ingredients: Quaker Wholegrain Rolled Oats (81%), Sugar, Natural Flavouring, Salt Allergen Information: Contains Oats (gluten). May contain Wheat, Barley, and Soya. Additional information:			
Nutritional Profile	Per 100g	Per 36g serving*	% RI per serving**
Energy	376 Kcal	135 Kcal	
Fat	6.5g	2.3g	
Saturated Fat	1.2g	0.4g	
Carbohydrates	67g	24g	
Sugar (England)	18g	6.4g	
Fibre	7.3g	2.6g	
Protein	9.0g	3.2g	
Salt	0.56g	0.20g	
*This is the manufacturer's suggested serving size (not by age). ** When served with recommended 160ml semi skimmed milk			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 19 September 2025			



Instant Porridge Oats: Ingredients, Allergens and Nutritional Information

Quaker Oat So Simple No Added Sugar Strawberry ®			
Ingredients: Quaker Wholegrain Rolled Oats (86%), Sweetener (Erythritol), Dried Allergen Information: Contains Oats (gluten). May contain Wheat, Barley, Milk and Soya. Additional information:			
Nutritional Profile	Per 100g	Per 32.5g serving*	% RI per serving**
Energy	373 Kcal	121 Kcal	10%
Fat	7g	2.3g	8%
Saturated Fat	1.3g	0.4g	
Carbohydrates	64g	21g	10%
Sugars	2.0g	0.7g	
Fibre	8.1g	2.6g	
Protein	9.6g	3.1g	
Salt	0.31g	0.1g	5%
*This is the manufacturer’s suggested serving size (not by age).			
Primary		Secondary	
30 – 40g		40g – 50g	
Data sheet: 22 December 2022			

