



Cereal comparison

BARLEYmax SIDE BY SIDE with Just Right & Morning Sun Natural Muesli

Per 100g

Nutrient	BARLEYmax Digestive 1 st 500g box	BARLEYmax Protein 1 st 500g box	Just Right Original 560g box	Morning Sun Natural Muesli Apricot & Almond 650g pkt
Energy kJ cal	1500 357	1550 369	1490 355	1505 358
Protein, g	15.2	19.3	8.8	10.6
Fat – total, g	6.4	9.3	1.6	7.1
Fat – saturated, g	1.2	1.6	0.4	1.7
Carb – total, g	46.9	38	71.2	56.6
Carb – sugars, g	29.9	17.1	31.2	18.1
Dietary fibre, total, g	25.7	29.4	8.5	12.4
Soluble fibre, g Insoluble fibre, g	7.1 12.6	8.3 13.4	NA	NA
Sodium, mg	130	49	30	23
Potassium, mg	NA	670	470	NA
Antioxidants, umol	3570	3290	NA	NA

Figures from manufacturer's label. n/a – not available Oct 2009



BARLEYmax SIDE BY SIDE with Just Right & Morning Sun Natural Muesli

Per serve

	BARLEYmax Digestive 1 st 45g serve (1/2 cup)	BARLEYmax Protein 1 st 45g serve (1/2 cup)	Just Right Original 45g serve (3/4 cup)	Morning Sun Natural 45g serve (1/3 cup)
Energy kJ cal	680 162	700 167	670 160	675 161
Protein, g	6.8	8.7	4.0	4.8
Fat – total g	2.9	4.2	0.7	3.2
Fat – sat, g	0.5	0.7	0.2	0.8
Carb – total, g	21.1	17.1	32.0	25.5
Carb – sugars, g	13.5	7.7	14.0	8.1
Dietary fibre total, g	11.6	13.2	3.8	5.6
Soluble fibre, g Insoluble fibre, g	3.2 5.7	3.7 6.0	NA	NA
Sodium, mg	59	22	14	10
Potassium, mg	NA	302	212	NA
Antioxidants, umol	1600	1480	NA	NA

Figures from manufacturer's label. NA = figures not available Oct 2009



BARLEYmax cereals

Ingredient Lists & On-pack Claims

Digestive 1st ingredients

Wholegrain rolled barley flakes (BARLEYmax) 67%, golden syrup, sultanas (10%), diced apple (7%), honey (5%), food acid (330), preservative (220).

Contains gluten and sulphites. May contain traces of tree nuts (not peanuts), sesame seeds and soy.

Digestive 1st claims:

- Super wholegrains for bowel and digestive health
- Honey toasted barley flakes with sultana and apple
- Excellent source of fibre
- Contains antioxidants
- Wheat free
- GMO free
- Contains BARLEYmax, a superior wholegrain developed in Australia

Protein 1st ingredients

Wholegrain rolled barley flakes (BARLEYmax) 68%, golden syrup, soy flakes (10%), wholegrain Amaranth (5%), honey (5%), natural flavour.

Contains gluten and soy. May contain traces of tree nuts (not peanuts), sesame seeds.

Protein 1st claims:

- Super wholegrains for balance, shape and energy release
- Honey toasted barley flakes with soy and amaranth
- High protein
- Excellent source of fibre
- Contains antioxidants
- Low GI
- Low salt
- Wheat free
- GMO free
- Contains BARLEYmax, a superior wholegrain developed in Australia