

Additional file 1

Food 4 Health – He Oranga Kai: Comparison of cereal nutritional values

	Active Cereal					Control Cereal				
	Oats		Oatwell 28%XF or SWEOAT BRAN BG28 XF		Total Per dose Prebiotic cereal	Cornflakes		Creamer		Total Per dose control cereal
	per 100g	Per 40 g	per 100g	Per 8g		per 100g	Per 35 g	per 100g	Per 8g	
Energy (kj)	1600.0	640.0	1160.0	92.8	732.8	1550.0	542.5	2315.0	185.2	727.7
Protein (g)	12.8	5.1	23.0	1.8	7.0	7.4	2.5	2.0	0.2	2.8
Fat, total	9.2	3.7	5.0	0.4	4.1	0.3	0.1	35.0	2.8	2.9
Saturated	1.7	0.7	1.0	0.1	0.8	0.1	0.0	34.4	2.8	2.8
Carbohydrate	56.7	22.7	9.0	0.7	23.4	82.1	28.7	58.0	4.6	33.4
Sugars	1.0	0.4		0.0	0.4	7.7	2.9	14.0	1.1	3.8
Dietary fibre	9.2	3.7	52.0	4.2	7.8	2.7	0.9			0.9
Soluble	4.5	1.8	28.0	2.2	4.0					
Insoluble	5.7	2.3	24.0	1.9	4.2					
Beta glucan	4.5	1.8	28.0	2.2	4.0					
Sodium (mg)	6.0	2.4		0.0	2.4	550.0	199.5			199.5