

This colour shading across all columns is excellent. It means the 'porridge' is a good all-rounder with a key nutrient profile close to plain rolled oats. Although oat bran doesn't really make porridge, it is highlighted because it is a good addition to traditional oat and non-oat grain 'porridges'.

This colour shading in the first column reflects products that are a good choice (not quite as good as those with brown shading but still good). Shading in the sugars column means the 'porridge' variety is not overly sweetened. Shading the sodium column means the 'porridge' is not too salty. Shading in the fibre column means the 'porridge' is a good fibre source.

Prepared By Foodtalk.com.au	pack size	nutritional profile in a single serve as purchased or described on label*									nutritional profile per 100 g						Ingredient List
Quick, Instant Oats And Other Grain 'Porridge' Brand And Variety	pack size	single pack serve size* (g)	kJ	P g	F g	C g	sugars g	fibre g	Na mg	/100 g	P g/100 g	F g	C g/100 g	sugars g	fibre g/100 g	Na mg/100 g	Ingredient list
Anchor: Semolina	750 g	50	697	5.1	0.6	33.8	0	1.5	5	1420	10.3	1.2	69	0	3.1	5	Semolina (from Wheat)
Black & Gold: Quick Oats	750 g	30	480	3.8	2.7	17	<1	3.5	<5	1600	12.6	8.9	56.7	1.8	11.5	2	100% Wholegrain Oats
Black & Gold: Rolled Oats	750 g	30	477	3.8	2.7	16.5	<1	3.8	<5	1590	12.7	9	55	1.3	12.7	3	100% Wholegrain Oats
Carman's Kitchen: Almond, Coconut & Chia Gourmet Porridge Sachets	8 sachets x 40	40	618	4.2	3.4	22.6	3.2	4.8	3	1546	10.6	8.4	56.5	8	11.9	7	Whole Grain Oats 83%, Fruit (Apple, Coconut 2%), Raw Sugar, Seeds 3% (Chia Seeds 1%, Pepitas, Linseeds), Almonds 2%, Natural Coconut Flavour
Carman's Kitchen: Apple, Sultana & Cinnamon Gourmet Porridge Sachets	8 sachets x 40	40	659	5.2	3.8	23.6	7.6	3.2	1	1648	13.1	9.6	59.1	19	7.9	4	Whole Grain Oats 73%, Fruit (Sultanas 7% [Sultanas, Vegetable Oil], Currants, Apple 4%), Raw Sugar, Seeds (Sesame Seeds, Pepitas 2%, Chia Seeds 1%) Cinnamon 0.5% Natural Vanilla Flavour
Carman's Kitchen: Golden Maple Gourmet Porridge Sachets	8 sachets x 40	40	654	4.7	3.1	25.5	4.1	3.4	1	1630	11.8	7.6	63.8	10.4	8.4	3	Whole Grain Oats 89%, Raw Sugar, Maple Syrup Powder 1.1%, Natural Flavours
Carman's Kitchen: Honey Roasted Nut Gourmet Porridge Sachets	8 sachets x 40	40	666	4.4	5	21.6	3.5	5	4	1665	11.1	12.5	54	8.8	12.4	9	Whole Grain Oats 78%, Nuts (Almonds 6%, Hazelnuts 2%, Pecans), Raw Sugar, Honey 2%, Oat Flour, Chia Seeds 1%, Sunflower Oil, Cinnamon, Natural Vanilla Flavour
Carman's Kitchen: Honey, Vanilla & Cinnamon Gourmet Porridge Sachets	8 sachets x 40	40	643	5.4	3.7	22.3	4.8	4.4	3	1607	13.4	9.2	55.8	12	11	7	Whole Grain Oats 87%, Raw Sugar, Australian Honey Powder 2.1%, Natural Flavours, Cinnamon 0.5%, Vanilla Bean Powder 0.3%
Carman's Kitchen: Almond, Pecan & Hazelnut Gourmet Porridge Sachets	8 sachets x 40	40	692	5.7	5.8	20.6	0.5	4	1	1730	14.2	14.5	51.4	1.2	9.9	3	Whole Grain Oats 87%, Nuts (Almonds 5%, Hazelnuts 2%, Pecans 1%), Seeds 5% (Linseeds, Pepitas)
Carman's Kitchen: Australian Natural Oats Traditional Rolled Oats	750 g	35	560	4.4	2.9	19	0.4	3.4	2	1600	12.5	8.4	54.4	1.2	9.6	6	Carman's 100% Australian Whole Grain Oats.
Carman's Kitchen: Natural 5 Grain & Super Seed Gourmet Porridge Sachets	8 sachets x 40	40	651	5.2	3.7	22.9	0.4	4.6	1	1630	12.9	9.2	57.2	1	11.6	3	Whole Grains 90% (Oats 50%, Triticale, Rye 15%, Barley 4%, Wheat), Seeds 10% (Linseeds, Pepitas, Sunflower Seeds 2%, Puffed Millet, Puffed Quinoa 1%)
Carman's Kitchen: Super Berry & Coconut Gourmet Porridge Sachets	8 sachets x 40	40	629	5.1	3.5	22.4	6	3.8	14	1572	12.7	8.8	56.1	15	9.5	35	Whole Grain Oats 78%, Fruit 14% (Berries [Cranberries 5% (Cranberries, Sugar, Sunflower Oil), Goji Berries 3%, Blueberries 1%], Coconut 3%, Currants), Raw Sugar, Pepitas, Chia Seeds 1%, Natural Blueberry Flavour
Coles: Oat Bran	500 g	15	231	2.4	1.4	6.7	0.2	2.9	<1	1540	15.9	9.4	44.9	1.5	19.3	3	Australian Oat Bran
Coles: Quick Oats	900 g	30	478	3.8	2.6	16.9	0.5	3.8	1	1590	12.5	8.6	56.4	1.7	12.7	2	Australian Wholegrain Oats
Coles: Rolled Oats	900 g	30	471	3.8	2.5	16.7	0.4	3.8	1	1570	12.7	8.2	55.8	1.2	12.7	3	Australian Wholegrain Rolled Oats
Coles: Traditional Rolled Oats	500 g	50	771	7.1	3.7	27.7	0.6	6	0	1540	14.1	7.4	55.4	1.3	12.1	2	Organic Rolled Oats
Freedom: BarleyPlus Porridge Traditional	500 g	50	745	6.3	3	26.9	1.8	9	4	1490	12.6	5.9	53.8	3.6	18	7	Barleymax (Whole Grain Rolled Barley Flakes) (51%), Whole Grain Rolled Oats (49%)
Freedom: Porridge Ancient Grains & Oats	700 g	50	782	6.2	3.1	30.6	<1	5.3	1	1560	12.5	6.1	61.2	<1	10.5	2	100% Australian Oats, Barley, Triticale, Spelt And Rye
Keep It Cleaner: Gluten Free Porridge Cacao	5 sachets x 40	40	607	4	1.4	27.1	1.2	2.9	3	1520	10	3.5	67.8	3.1	7.1	7	Rice Flakes (55%), Buckwheat Flakes (25%), Quinoa White Flakes Organic (15%), Organic Natural Cacao Powder (3.5%), Organic Coconut Sugar
Keep It Cleaner: Gluten Free Porridge Original	5 sachets x 40	40	622	3.7	2.2	27	1.3	2.5	2	1560	9.3	5.4	67.6	3.3	6.3	4	Rice Flakes (55%), Buckwheat Flakes (25%), Quinoa White Flakes Organic (15%), Desiccated Coconut (3.5%), Organic Coconut Sugar

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Quick, Instant Oats And Other Grain 'Porridge' Brand And Variety	pack size	single pack serve size* (g)	nutritional profile in a single serve as purchased or described on label*								nutritional profile per 100 g							Ingredient list
			KJ	P g	F g	C g	sugars g	fibre g	Na mg	/100 g	P g/100 g	F g	C g/100 g	sugars g	fibre g/100 g	Na mg/100 g		
Lowan Whole Foods: Honey Sachet Oats	240g	30	499	3.2	2.4	19.4	6.5	3.4	5	1660	10.6	7.9	64.7	21.5	11.3	16		
Lowan Whole Foods: Natural Oat Bran		40	625	6.1	4.2	18.4	0.6	6.4	2	1560	15.3	10.6	46	1.4	16	6		
Lowan Whole Foods: Quick Oats	1 kg	30	498	4	3.1	17.2	0.5	3	4.5	1660	10.5	13.4	57.3	1	10.1	4.5	Whole Grains Oats 100%	
Lowan Whole Foods: Rice Flakes	500g	55	831	4.2	1.7	41	0.5	1	3	1510	7.6	3.1	74.5	0.9	1.9	6.2	Natural Wholegrain Brown Rice (100%)	
Lowan Whole Foods: Rice Porridge With Orchard Fruits	500g	50	743	3.5	1.1	37.1	6.4	1.7	4	1490	7	2.1	74.2	12.7	3.4	7	Whole Brown Rice (83%), Dried Fruit (17%) [sultanas, Apricot, Apple, Rice Four, Vegetable Oil, Preservatives (220, 223)]	
Lowan Whole Foods: Rolled Oats	1kg	30	498	4	3.1	17.2	0.5	3	4.5	1610	10.5	8.5	61	0.7	10	3	Whole Grain Oats 100%	
Lowan Whole Foods: Strawberry Sachet Oats		30	475	3.1	2.3	18.1	6.1	3.4	4	1580	10.5	7.8	60.4	20.2	11.2	15		
Macro Organic: Wholegrain Quick Oats	495 g	33	513	4.2	2.3	19.7	0.4	2.8	<5	1550	12.7	6.9	59.6	1.1	8.6	<5	Whole Grain Organic Oats (100%)	
Macro Organic: Wholegrain Quick Oats Sachets	10 sachets x 34	34	528	4.3	2.3	20.3	0.4	2.9	<5	1550	12.7	6.9	59.6	1.1	8.6	<5	Whole Grain Organic Oats (100%)	
Macro Organic: Wholegrain Steel Cut Oats	750 g	50	777	6.4	3.4	29.8	0.6	4.3	<5	1550	12.7	6.9	59.6	1.1	8.6	<5	Whole Grain Organic Oats (100%)	
Nestle: O&g Chunky Oatmeal: Honey, Fig & Macadamia	8 sachets x 40	40	660	3.7	4.2	24.4	6.3	3.5	5	1650	9.3	10.4	61	15.6	8.7	11	Whole Grains (66%) [Uncle Tobys Rolled Oats (52%), Rolled Wheat, Rolled Rye (Lupin)], Brown Sugar, Fig Pieces [fig (9%), Rice Flour)], Macadamias (7%), Honey (dried Honey (0.8%), Maltodextrin)], Barley (4%)	
Orgran: Brekki Hot Cereal Quinoa Porridge	230 g	35	501	3.8	1.1	20.5	0.8	4.8	47	1430	11	3.1	58.7	2.3	13.8	134	Rice Flour, Yellow Pea Flour, Quinoa Flour (12%), Psyllium, Rice Bran, Emulsifier: Monoglyceride From Vegetable. Iodised Salt, Turmeric, Rosemary Extract	
Orgran: Brekki Porridge Hot Cereal - Quinoa, Berry	7 sachets x 30	30	460	2.9	0.8	18.4	3.8	4	36	1537	9.5	2.7	61.5	12.8	13.4	119	Rice Flour, Mixed Berry Pieces (15%) [Concentrated Apple Puree, Concentrated Apple Juice, Strawberry Puree, Blackcurrant Puree, Raspberry Puree, Blackberry Puree, Citrus Fibre, Pectin (Emulsifier), Flavours (Natural)], Yellow Pea Flour, Quinoa Flour (10%), Psyllium, Rice Bran, Emulsifier: Monoglyceride From Vegetable, Iodised Salt, Turmeric, Rosemary Extract	
Orgran: Brekki Porridge Hot Cereal - Quinoa, Apple & Cinnamon	7 sachets x 30	30	462	2.8	0.8	17.8	3.7	4.1	35	1540	9.2	2.7	59.4	12.3	13.8	116	Rice Flour, Apple Pieces (15%) [Concentrated Apple Puree, Invert Sugar, Granulated Sugar, Humectant (Glycerol), Citrus Fibre, Acidity Regulator (Malic Acid), Pectin (Emulsifier), Flavour (Natural)], Yellow Pea Flour, Quinoa Flour (10%), Psyllium, Rice Bran, Cinnamon (3%), Emulsifier: Monoglyceride From Vegetable, Iodised Salt, Turmeric, Rosemary Extract	
Red Tractor: Australian Instant Oats	500 g	38	617	4.7	3.4	21.8	0.2	5.2	0.8	1625	12.3	8.9	57.3	0.5	13.8	2.1	Australian Wholegrain Rolled Oats (100%)	
Red Tractor: Australian Quick Oats	750 g	42	682	5	3.7	24.1	0.2	5.2	1	1625	11.9	8.9	57.3	0.5	12.4	2	Australian Wholegrain Oats (100%)	
Red Tractor: Australian Rolled Oats	1.5 kg	41	652	5.2	3.7	22.6	0.5	5.3	1.28	1590	12.7	9	55.1	1.3	12.9	3.1	Australian Wholegrain Rolled Oats (100%)	
Red Tractor: Coconut Omega 3 Instant Oats	400 g	40	701	4.2	6	22.7	5.4	4.1	2	1754	10.4	15	56.6	13.6	10.2	5	Wholegrain Instant Oats (73%), Sugar, Desiccated Coconut (7%) [Coconut, Sodium Metabisulfite (E223)], Coconut Milk Powder (4%) [Coconut Milk, Maltodextrin (1400), Modified Food Starch (1450)], Golden Flax Flakes	
Red Tractor: Natural Instant Protein Oats	400 g	55	959	8.2	9.1	24.2	0.6	8.2	5	1743	14.8	16.6	44	1	14.9	10	Australian Wholegrain Oats (75%) Waltanna Golden Flaxseed Flakes. Almond Meal.	
Red Tractor: Omega 3 Instant Oats	500 g	38	642	5.2	3.5	19.9	0	4.7	0.8	1690	13.6	9.2	52.4	0.1	12.2	2.1	Australian Wholegrain Rolled Oats (90%), Waltanna Golden Flaxseed Flakes (10%)	
Red Tractor: Steel-Cut Organic Oats	850 g	40	634	5.6	3.4	23.2	0.3	4.6	0.9	1584	14	8.4	58.1	0.8	11.5	2.3	Australian Organic Wholegrain Oats (100%)	
The Chia Co: Dark Cacao Chia Pod	170 g	170	599	5	6	12	11	7	36	352.4	2.9	3.5	7.1	6.5	4.1	21.2	Chia Seed Gel (filtered Water, Chia Seed), Almond Milk, Coconut Sugar, Cacao	
The Chia Co: Oats & Chia + Coconut	400 g	38	657	4	6	19	3	5	8	1730	12	16	51	8	14	20	Wholegrain Oats, White Chia Seeds, Coconut Sugar, Desiccated Coconut, Coconut Milk Powder	

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	Brand And Variety	serve size	KJ	P g	F g	C g	sugars	fibre g	Na mg	KJ	P g	F g	C g	sugars	fibre g	Na mg	Ingredient list
The Chia Co: Oats & Chia, Cacao + Coconut	400 g	38	661	4	6	19	5	5	12	1740	12.0	16	51	12	14	32	Wholegrain Oats, White Chia Seeds, Coconut Sugar, Coconut Milk Powder [coconut Milk, Maltodextrin (1400), Modified Food Starch (1450)], Desiccated Coconut, Organic Cacao Powder, Natural Vanilla Flavour
The Chia Co: Oats + Quinoa Cranberry + Coconut Chia Pod	170 g	170	830	4	11	21	12	4	9	488	2.0	7.0	12.0	7.0	3.0	5.0	Chia Seed Gel (filtered Water, Chia Seed), Coconut Milk, Oats, Dried Cranberries, Organic Cane Sugar, Coconut Milk Powder, Diced Almonds, Red Quinoa, Dried Coconuts
The Chia Co: Vanilla Bean Chia Pod	170 g	170	643	3	11	7	6	5	24	378	1.8	6.5	4.1	3.5	2.9	14.1	Chia Seed Gel (filtered Water, Chia Seed)(76.8%), Coconut Milk (18%), Organic Cane Sugar, Vanilla Bean Paste (1.5%), Natural Flavour, Cinnamon (0.1%)
The Chia Co: Apple Spice Chia Pod	170 g	170	670	3	8	18	15	6	4	394	2	5	11	9	4	3	Chia Seed Gel (filtered Water, Chia Seed), Apple Puree, Coconut Milk, Apple Dice, Organic Cane Sugar, Lemon Juice Concentrate, Cinnamon
The Chia Co: Coconut Chia Pod	170 g	170	706	3	12	8	7	5	14	415	2	7	5	4	3	8	Chia Seed Gel (filtered Water, Chia Seed), Coconut, Coconut Milk, Organic Cane Sugar
Uncle Tobys Ancient Grains Oats	17 x 40 g	40	630	5.1	3.5	22.7	0.4	3.8	2	1590	12.7	8.9	56.9	1	9.5	6	UNCLE TOBYS Whole Grain Rolled Oats (95%), Rye (4%) (Lupin), Quinoa (0.5%), Millet (0.5%)
Uncle Tobys Oats: Creamy Honey Quick Cups (values Per Dry Weight)	50 g dry	50	780	4.8	2.7	33	12.3	4.8	51	1560	9.6	5.4	66	24.6	9.6	102	UNCLE TOBYS Wholegrain Rolled Oats (58%), Sugar, Honey (Dried Honey (1.6%), Maize Maltodextrin), Skim Milk Powder, Chickory Root Fibre, Flavours (Milk), Salt Blend [Salt, Mineral Sea Salts (508,511)]
Uncle Tobys Oats: Creamy Honey Quick Cups (values Per Prepared Weight)	50 g (dry) + 110 ml water	160	780	4.8	2.7	33	12.3	4.8	51	490	3	1.7	20.6	7.7	3	32	UNCLE TOBYS Wholegrain Rolled Oats (58%), Sugar, Honey (Dried Honey (1.6%), Maize Maltodextrin), Skim Milk Powder, Chickory Root Fibre, Flavours (Milk), Salt Blend [Salt, Mineral Sea Salts (508,511)]
Uncle Tobys Oats: Creamy Vanilla Quick Oat Cups (values As Per Prepared Weight)	50 g (dry) + 110 ml water	160	800	6.6	3.2	31.5	12.3	3.2	48	500	4.1	2	19.7	7.7	2	30	UNCLE TOBYS Wholegrain Rolled Oats (68%), Sugar, Skim Milk Powder, Flavours (milk), Salt Blend [Mineral Sea Salts (508, 511)]
Uncle Tobys Oats: Creamy Vanilla Quick Oat Cups (values Per Dry Weight)	50 g dry	50	800	6.6	3.2	31.5	12.3	3.2	48	1600	13.2	6.4	63	24.6	6.4	96	UNCLE TOBYS Wholegrain Rolled Oats (68%), Sugar, Skim Milk Powder, Flavours (milk), Salt Blend [Mineral Sea Salts (508, 511)]
Uncle Tobys Oats: Quick Sachets Apple & Cinnamon	12 sachets x 35g	35	560	3.4	2.5	23	8	2.7	3	1600	9.8	7	65.6	22.9	7.8	9	UNCLE TOBYS Whole Grain Rolled Oats (76%), Sugar, Apple Piece [Apple (5%), Preservative (220), Cinnamon (0.3%)
Uncle Tobys Oats: Quick Sachets Berry Variety Pack (blueberry)	12 sachets x 35g	35	560	3.7	2.4	22.9	8.1	2.5	8	1600	10.6	6.8	65.5	23	7	24	Blueberry: UNCLE TOBYS Wholegrain Rolled Oats (74%), Sugar, Skim Milk Powder, Blueberry Fruit Pieces [Blueberry (1.5%), Sugar, Tapioca Starch, Humectant (glycerol), Vegetable Gum (Pectin), Rice Flour, Lemon Juice Concentrate, Wheat Fibre], Flavour (wheat)
Uncle Tobys Oats: Quick Sachets Berry Variety Pack (strawberry)	12 sachets x 35g	35	560	3.7	2.4	22.9	8.1	2.5	8	1600	10.6	6.8	65.5	23	7	24	Strawberry: UNCLE TOBYS Wholegrain Rolled Oats (70%), Sugar, Honey [dried Honey (0.9%), Maize Maltodextrin], Skim Milk Powder, Freeze Dried Strawberry (1%), Flavour
Uncle Tobys Oats: Quick Sachets Berry Variety Pack (triple Berry)	12 sachets x 35g	35	560	3.7	2.4	22.9	8.1	2.5	8	1600	10.6	6.8	65.5	23	7	24	Triple Berry: UNCLE TOBYS Wholegrain Rolled Oats (74%), Sugar, Skim Milk Powder, Blueberry Fruit Pieces [Blueberry (0.9%), Sugar, Tapioca Starch, Humectant (Glycerol), Vegetable Gum (Pectin), Rice Flour, Lemon Juice Concentrate, Wheat Fibre], Freeze Dried Berries (1%) [Raspberries, Strawberries], Flavour
Uncle Tobys Oats: Quick Sachets Brown Sugar & Cinnamon	12 sachets x 35g	35	560	3.3	2.7	22.3	7.6	3.7	1	1610	9.5	7.6	63.7	21.8	10.5	3	UNCLE TOBYS Whole Grain Rolled Oats (79%), Brown Sugar (21%), Flavour, Cinnamon (0.1%)
Uncle Tobys Oats: Quick Sachets Creamy Honey	12 sachets x 35g	35	570	3.4	2.5	23.8	8.1	2.2	11	1640	9.7	7.2	68	23.2	6.2	31	UNCLE TOBYS Wholegrain Rolled Oats (67%), Sugar, Honey [Dried Honey (1.5%), Maize Maltodextrin], Milk Powder
Uncle Tobys Oats: Quick Sachets Creamy Honey Big Bowl	10 sachets x 46g	46	750	4.5	3.3	31.3	10.7	2.9	14	1640	9.7	7.2	68	23.2	6.2	31	UNCLE TOBYS Wholegrain Rolled Oats (67%), Sugar, Honey [Dried Honey (1.5%), Maize Maltodextrin], Milk Powder
Uncle Tobys Oats: Quick Sachets Creamy Vanilla	12 sachets x 35g	35	560	3.8	2.5	22.9	8.3	2.4	7	1610	10.9	7	65.5	23.6	6.9	21	UNCLE TOBYS Wholegrain Rolled Oats (75%), Sugar,Skim Milk Powder, Flavours (Milk)

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	Uncle Tobys Oats: Quick Sachets Fruity Variety Pack (averaged Values)	12 sachets x 35g	35	560	3.5	2.4	23.2	7.8	2.5	10	1610	10.1	6.7	66.2	22.3	7.2	29
Uncle Tobys Oats: Quick Sachets Hi-Fibre	10 sachets x 40g	40	600	4.4	3.1	20.8	3.7	7.3	8	1510	10.9	7.8	52.1	9.3	18.3	20	UNCLE TOBYS Wholegrain Rolled Oats (75%), Sugar, Modified Wheat Starch (1412), Linseed Fibre (6%), Oat Fibre (4%), Flavour
Uncle Tobys Oats: Quick Sachets Multigrain Variety Pack (averaged Values)	10 sachets x 35g	35	560	3.7	2.2	23	7.6	2.7	7	1590	10.5	6.3	65.7	21.6	7.7	21	Multigrain Creamy Honey: Whole Grains (74%) [UNCLE TOBYS Wholegrain Rolled Oats (64%), Rolled Rye (5%) (Lupin), Rolled Wheat (5%)], Sugar, Skim Milk Powder, Honey Powder [Dried Honey (0.7%), Maize Maltodextrin]. Multigrain Apple & Cinnamon: Whole Grains (77%) [UNCLE TOBYS Wholegrain Rolled Oats (67%), Rolled Rye (5%) (Lupin), Rolled Wheat (5%)], Sugar, Apple Piece [Apple (5%) (Preservative (220)*), Cinnamon (0.2%)]. Multigrain Strawberry: Whole Grains (77%) [UNCLE TOBYS Wholegrain Rolled Oats (67%), Rolled Rye (5%) (Lupin), Rolled Wheat (5%)], Sugar, Skim Milk Powder, Dried Strawberry (0.5%), Flavour * Some Dried Fruits Contain Sulphur Dioxide To Maintain Natural Colour And Shelf Life
Uncle Tobys Oats: Quick Sachets Original	10 sachets x 34g	34	540	4.4	3.1	19.3	0.3	3.1	2	1600	12.8	9.2	56.7	1	9.2	6	100% UNCLE TOBYS Wholegrain Rolled Oats
Uncle Tobys Oats: Quick Sachets Original Big Bowl	10 sachets x 46g	46	740	5.9	4.2	26.1	0.5	4.2	3	1600	12.8	9.2	56.7	1	9.2	6	100% UNCLE TOBYS Wholegrain Rolled Oats
Uncle Tobys Oats: Quick Sachets Protein Big Bowl	10 sachets x 46g	46	730	10.7	3.9	21.7	0.3	4.4	3	1580	23.3	8.4	47.1	0.7	9.5	6	100% Wholegrain Rolled Oats
Uncle Tobys Oats: Quick Sachets Vanilla Variety	12 sachets x 35g	35	560	3.8	2.5	22.9	8.3	2.4	7	1610	10.9	7	65.5	23.6	6.9	21	UNCLE TOBYS Wholegrain Rolled Oats (75%), Sugar, Skim Milk Powder, Flavours (Milk)
Uncle Tobys Oats: Quick Sachets Variety Pack (averaged Values)	12 sachets x 35g	35	570	3.3	2.5	23.5	8.1	2.6	6	1630	9.5	7.1	67.1	23	7.3	18	Creamy Honey: UNCLE TOBYS Wholegrain Rolled Oats (67%), Sugar, Honey [Dried Honey (1.5%), Maize Maltodextrin] Milk Powder. Golden Syrup: UNCLE TOBYS Wholegrain Rolled Oats (71%), Sugar, Golden Syrup [Dried Golden Syrup (1%), Maize Maltodextrin, Glucose (Maize)], Flavour. Brown Sugar & Cinnamon: UNCLE TOBYS Wholegrain Rolled Oats (79%), Brown Sugar (21%), Flavour, Cinnamon (0.1%)
Uncle Tobys Oats: Traditional Oats	1 kg	40	640	5.1	3.7	22.7	0.4	3.7	2	1600	12.8	9.2	56.7	1	9.2	6	100% UNCLE TOBYS Wholegrain Rolled Oats
Uncle Tobys: Quick Oats	1 kg	40	640	5.1	3.7	22.7	0.4	3.7	2	1600	12.8	9.2	56.7	1	9.2	6	100% UNCLE TOBYS Wholegrain Rolled Oats
Woolworths Select: Wholesome Speedy Oats Honey Pack	12 sachets x 35g	35	581	3.2	2.4	24.7	7.7	1.7	1	1659	9.1	7	70.7	22	4.9	3	Whole Grain Rolled Oats (75%), Sugar, Natural Flavour (5%) (milk Powder, Maltodextrin, Honey, Natural Creamy Honey Flavour, Vegetable Gum (414))
Woolworths: Australian Quick Oats	750 g	30	489	4	2.7	17.3	0.4	3.5	<5	1630	13.2	9	57.6	1.2	11.7	<5	Whole Grain Oats (100%)
Woolworths: Wholesome Quick Oats Sachets Honey Flavoured	12 sachets x 35g	35	566	3.6	2.7	22.3	4.6	3.3	<5	1620	10.4	7.6	63.7	13.2	9.4	7	Whole Grain Rolled Oats (80%), Sugar, Natural Honey Flavour (maltodextrin, Skim Milk Powder, Honey (1%), Natural Flavour, Vegetable Gum (414))
Woolworths Homebrand: Quick Oats	750 g	30	477	3.6	2.6	16.8	0.4	3.8	<5	1590	12	8.8	56.1	1.3	12.8	<5	Wholegrain Oats

Nutrient composition values are approximate only. There are variations due to seasonal factors, origin of ingredients, and packaging discrepancies. These values were collated in April-May 2018 by foodtalk.com.au. Manufacturers change product formulations so always double check labels for currency.