

MEDIA RELEASE

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Health by stealth: reformulating the food supply

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- A recent nutrition audit has highlighted substantial improvements in the breakfast cereal aisle
- Two thirds of Australian breakfast cereals are now whole grain, offering consumers a better choice within the category
- The findings have recently been published in the journal *Nutrients*

Breakfast cereals remain a top choice in the health stakes according to new research that reveals improvements in key nutrients in the category, highlighting industry changes in alignment with initiatives such as the Federal Government's Healthy Food Partnership.

The recent findings, published in the international journal *Nutrients*, focused on like-for-like cereal products, showing significant reductions in total carbohydrate, sugars and sodium over time from 2013 to 2020 (n=134). This reinforces earlier research findings on sodium reduction. Ms Jaimee Hughes, Nutrition Manager and Accredited Practising Dietitian from GLNC, said that two thirds of the market is now considered whole grain (>8g per manufacturer serve) with most products providing more than 50% whole grain. Whole grain cereals are the preferred nutritious choice being higher in protein and dietary fibre and lower in sugar and sodium compared with non-whole options.

This research provides an insight into the long lead time required to improve nutrient levels such as whole grain of food. It also shows that industry is taking heed of voluntary nutrition targets proposed by the Healthy Food Partnership.

Read the full paper [here](#).

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For more information, images, or to arrange an interview, contact:

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About the Grains & Legumes Nutrition Council (GLNC)

As the independent authority on the nutrition and health benefits of grains and legumes, GLNCs mission is to promote grains and legumes nutrition as part of a balanced diet through evidence-based information. Visit the GLNC [website](#) for recipes, factsheets and up-to-date information on the latest evidence around grains and legumes, and connect with GLNC on Facebook, Twitter and Instagram via [@GrainsLegumesNC](#).