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Bokomo corn flakes nutritional information

As coronavirus (COVID-19) continues to spread around the world, at Pioneer Foods we are taking proactive measures rooted in science to protect the safety of our products, our employees, their families, and support our communities across the country. Top info: Corn Flake Crumbs Kellogg, Co. 6 tablespoons 120.0 calories 29.0 grams carbohydrates 0 grams fat 2.0 grams protein 1.0 grams fiber 0 mg cholesterol 0 grams saturated fat 240.0 mg sodium 0 grams sugar 0 grams trans Fat Report a problem with this food Note: Any item purchased after clicking on our Amazon buttons will give us a small reference bonus. If you click on them, thank you! Please note that some foods may not be suitable for some people and you are advised to consult a doctor before starting any weight loss effort or diet. Although the information provided on this site is presented in good faith and deemed correct, FatSecret makes no statements or guarantees about its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are the property of their respective owners. When people think of a healthy breakfast cereal, they often think about cornflakes and milk. Breakfast is good for you, but what is strange is the association of cornflakes with health. Cornflakes are not exactly a health food and we will show you why. The basic ingredient of cornflakes is cornflakes. Sugar, malt aroma and high fructose corn syrup are the other main ingredients of corn flakes, and most of them have a high glycemic index content. As Indians, we already have the belly gene and are prone to diabetes. So the consumption of high IG carbohydrates only increases that risk. To ensure that corn flakes are really healthy or not, let's look at their nutritional analysis. Calories and nutrition in corn flakesQuantity CarbohydratesSugarProteinFibreCalories1 cup (25 gm)21.7 gm3 gm1.7 gmLow95The low protein content in corn flakes will not keep you full for a longer period. They may be low in fat, but the sugar content promotes fat storage. Some breakfast cereal ads might show that corn flakes help you lose weight, but they just expect you to eat a limited amount of corn flakes for all your meals. Can cornflakes make you gain weight? Corn flakes contain sugar in the form of high fructose corn syrup. This type of sugar is basically a simple carbohydrate that belongs to a class of chemically related sweet flavored substances. Many people add sugar or honey to their corn flakes along with milk add flavor. This only increases the sugar content of cereals, putting you at a higher risk of gaining weight. Although our cells need sugar (glucose) to survive, consuming too much of it can cause numerous health problems. Added sugar does not contain beneficial nutrients, and excess consumption only contributes to caries, diabetes and obesity. Scientifically speaking: The II Heart Association (AHA) said added sugars contribute to zero nutrients and are just empty calories that can lead to extra pounds, or even obesity, thus reducing heart health. In early 2014, the World Health Organization (WHO) called for a reduction in daily sugar intake to 5% of total daily calories in order to address public health problems, such as obesity and caries. Can corn flakes promote diabetes? Processed foods with the highest sugar content fall into the category of foods with a high blood sugar content, thus increasing the chances of diabetes. Unfortunately, the glycemic index of corn flakes is very high, that is, 82.La a form with a high glycemic index of carbohydrates present in corn flakes produces high concentrations of blood glucose levels. This increases insulin demand and contributes to the high risk of type 2 diabetes. Therefore, it will not be inappropriate to say that corn flakes are not healthy. They can exacerbate many health problems such as diabetes, heart disease and most obesity-related lifestyle diseases. Healthy alternatives for Cornflakes If you really like breakfast cereals, we recommend switching to wheat flakes or oatmeal. You can improve the nutritional quality of breakfast cereals with some lean milk. Add a dose of vitamins, fiber and antioxidants with fruits such as berries, apples or bananas. Protein-rich foods are known to increase insulin secretion, and blood sugar will be normal. Then, add some nuts for protein, healthy fats and fiber. This way you can enjoy a delicious breakfast cereal without compromising on your health. With so many different options on the cereal shelf, Health24's DietDoc magnified instant favorites of South African cereals to see how they measured against each other in terms of nutritional value and price, to help you make the best breakfast choice for you and your family. The instant cereals analysed The following cereal brands were selected as they cost about R5 per serving: Coco Pops of Kellogg, Corn Flakes by Kellogg, Tiger Brands Ace Instant porridge, Kellogg's All-Bran flakes, Bokomo Weetbix and Tiger Brands Oatso EasyThe ideal cereal for instant breakfastDietDoc says that when it comes to breakfast, shoppers should consider that a good cereal should have a low glycemic index (GI) and glycemic load (GL) (see below) , should be high in energy, high nutritional value (proteins, dietary fiber, vitamins and minerals, especially iron) and low in sodium and should, of course, be accessible. Note: Both the glycemic index and glycemic load rankings refer to carbohydrates. The lycemic load is a classification for carbohydrate-rich foods that measures the amount of carbohydrates in a portion of food. The glycemic index indicates how quickly a carbohydrate is digested and released as glucose (sugar) into the bloodstream. This infographic shows an assessment of six of South Africa's most popular instant grains. Cereals were scored 0-10, with a score of zero zero poor nutritional value and ten indicating a good nutritious breakfast. Click here for a full description of how the cereals were analyzed and the scores achieved. You will also be able to see which cereals have the most sugar, salt, carbohydrates, proteins and fats, their IG and GL values, ingredients and price. Choose a breakfast cerealWhen you buy breakfast cereals, don't waste money on expensive products that are overburdened with sugar, highly processed carbs and sodium and have a high IG and GL, he says. It recommends that South Africans combine breakfast cereals with foods such as lean milk, yogurt or maas as this lowers meal GI and increases protein, calcium and riboflavin intake (B2). If you can add a citrus or other vitamin C-rich fruit to your breakfast, you will improve iron absorption from breakfast cereals and help prevent iron deficiency anemia, she advises. DietDoc rated the following breakfast cereals in terms of nutritional value and price with a score of ten which is a good low-cost diet per serving. Kellogg's for Breakfast MonthWith recent statistics revealing that 1 in 5 children in South Africa go to school hungry, Kellogg's launched The Breakfast for Better Days (BFBD) Initiative in April to raise awareness and improve statistics. Kellogg's served breakfast to 25,000 students across the country every day of school. A total of 5 million breakfasts will be served in Kellogg's nutritionist 2015.II Cheryl Meyer confirmed to Health24 that the predominant breakfast cereal served on the BFBD Initiative was Corn Flakes. According to dietdoc cereal analysis - Kellogg's Corn Flakes got 4 out of 10 mainly due to its high load of IG and GL (which is not ideal) and high salt content - the sugar content for this cereal is acceptable, but the sodium content (294 mg for 40 grams) per serving is quite high. In fact, Kellogg's corn flakes have the highest sodium content per serving compared to all other instant cereal brands in this analysis. While sodium is an essential component of a healthy, varied and balanced diet, there is evidence to suggest that too much salt in your diet can be a major risk factor in high blood pressure, increasing the risk of heart disease and stroke, Meyer admits. He says the cereal producer is still working to reduce the sodium content of their products. On the bright side for Corn Flakes, it is convenient - arriving in the cheapest of all instant cereals analyzed at less than R1 per serving. Read: Salt Sensitivity Puts Black South Africans At RiskThe Dilemma of Hungry South AfricansIn late 2014, in an initiative to celebrate Heritage Day, fast food giant Hungry Lion also gave away 1.1 of fried chicken and cans of Coca Cola to 11,000 residents of the Mitchell Plain While we appreciate the large companies that share their products with disadvantaged communities in South Africa, we must also question the quality of the gifts and whether they are setting these for decades of bad dietary choices. Read more about Kellogg's initiative in this videoRead more: Is your breakfast healthy? Oats: a good choice for breakfastHow to choose healthier fast food options