***Table 5***

Nutrient compositions of foods commonly consumed at breakfast

| Nutrient | Brown bread (fortified)  (60 g serving) | Low fat milk  (125 g serving) | RTECa  (Corn Flakesb)  (40 g serving) | Maize meal (fortified, soft cooked)  (250 g serving) |
| --- | --- | --- | --- | --- |
| Energy | 649 kJ | 266 kJ | 642 kJ | 585 kJ |
| Protein | 5.2 g | 4.1 g | 3.1 g | 3.0 g |
| Carbohydrates | 26.5 g | 6.1 g | 33.1 g | 28.5 g |
| Sugar | 0.0 g | 6.1 g | 2.5 g | 0.0 g |
| Fat | 1.2 g | 2.5 g | 0.1 g | 0.8 g |
| Saturated fat | 0.2 g | 1.6 g | 0.0 g | 0.3 g |
| Cholesterol | 0.0 mg | 8.8 mg | 0.0 mg | 0.0 mg |
| Dietary fibre | 4.0 g | 0.0 g | 1.3 g | 1.3 g |
| Sodium | 271 mg | 58 mg | 484 mg | 0 mg |
| Thiamine | 0.1 mg | 0.0 mg | 0.5 mg | 0.1 mg |
| Riboflavin | 0.0 mg | 0.2 mg | 0.6 mg | 0.0 mg |
| Niacin | 1.6 mg | 0.1 mg | 7.1 mg | 0.3 mg |
| Folic acid | 25.2 ug | 6.3 ug | 100.0 ug | 5.0 ug |
| Calcium | 33.0 mg | 152.5 mg | 4.4 mg | 0.0 mg |
| Iron | 0.9 mg | 0.1 mg | 4.8 mg | 0.3 mg |
| Phosphorous | 104.4 mg | 111.3 mg | 20.4 mg | 60.0 mg |

aRTEC: Ready-to-eat cereal.

bCorn Flakes was the most frequently consumed ready-to-eat cereal among the study group.