

Cost of

# 1 CUP

NN Corn Flakes  
(40G) = ±R1,80



1 cup =

# 30%

of daily requirements  
for **14 VITAMINS AND  
3 MINERALS.**



Mixed with

# ½ CUP

of long life or reconstituted  
powdered milk = **40% OF  
DAILY PROTEIN REQUIREMENT.**



A source of fibre  
High in 14 vitamins  
and 3 minerals