

Heartland

Product Catalogue

Health. Happiness. Heartland





Traditional Corn Flakes

-  SOURCE OF FIBRE
-  LOW IN FAT
-  PRESERVATIVE FREE

1.2 kg, 1.1 kg, 1 kg, 500 g, 220 g



Bran Flakes

-  HIGH IN FIBRE
-  PRESERVATIVE FREE

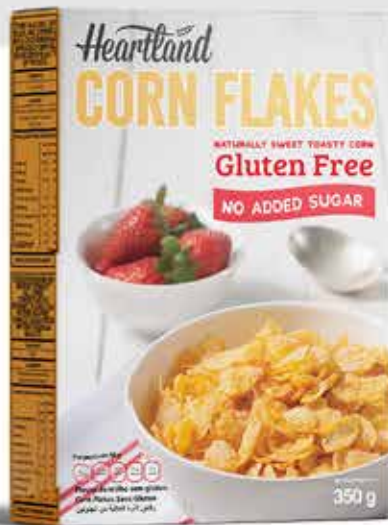
500 g



Wheaty Flakes

-  WHOLEGRAIN WHEAT FLAKES
-  HIGH IN FIBRE
-  REDUCED SUGAR
-  SOURCE OF PROTEIN
-  LOW IN FAT

500 g

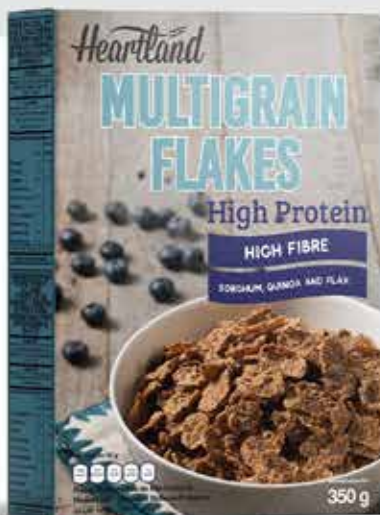


Gluten Free Corn Flakes

✓ NATURALLY SWEET TOASTY CORN

- ✓ GLUTEN FREE,
- ✓ NO SUGAR ADDED

350 g

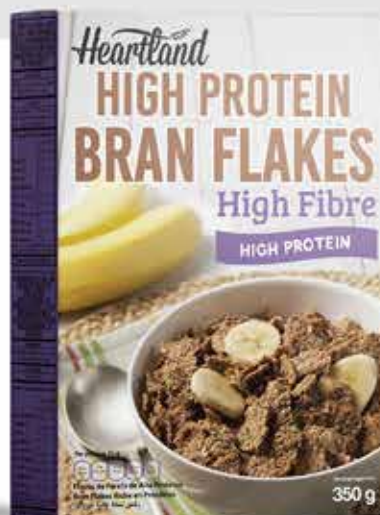


Multigrain Flakes

✓ MADE WITH SORGHUM, QUINOA & FLAX

- ✓ HIGH FIBRE
- ✓ HIGH PROTEIN

350 g



High Protein Flakes

- ✓ HIGH FIBRE
- ✓ HIGH PROTEIN

350 g



Chai & Chia Granola

- ✓ MADE WITH A TRADITIONAL CHAI SPICE BLEND
- ✓ 5 WHOLEGRAIN TOASTED CEREALS FLAX, SUNFLOWER, SESAME & CHIA SEEDS

- 🌱 HIGH IN PROTEIN
- 🌱 HIGH IN FIBRE

400 g



Cranberry & Goji

- ✓ MADE WITH REAL BERRIES
- ✓ 5 WHOLEGRAIN TOASTED CEREALS FLAX, SUNFLOWER, SESAME & CHIA SEEDS

- 🌱 HIGH IN PROTEIN
- 🌱 HIGH IN FIBRE

400 g



Raspberry & Thyme

- ✓ MADE WITH REAL BERRIES
- ✓ 5 WHOLEGRAIN TOASTED CEREALS FLAX, SUNFLOWER, SESAME & CHIA SEEDS

- 🌱 HIGH IN PROTEIN
- 🌱 HIGH IN FIBRE

400 g



Vitality Muesli

✓ TOASTED MUESLI WITH TROPICAL FRUITS

- ✓ HIGH FIBRE
- ✓ LESS THAN 2% FAT
- ✓ WHOLEGRAIN
- ✓ REAL FRUIT PIECES

750 g



Special Muesli

✓ WITH A VARIETY OF FRUITS & NUTS

- ✓ HIGH FIBRE
- ✓ WHOLEGRAIN
- ✓ MULTIGRAIN
- ✓ REAL FRUIT PIECES

750 g



Granola Original

- ✓ HIGH FIBRE
- ✓ WHOLEGRAIN
- ✓ MULTIGRAIN

750 g



Gluten Free Rice Popperz

✓ SUPER CRISPY, TASTY-TOASTY
WHOLEGRAIN RICE

✓ WHOLEGRAIN
✓ PRESERVATIVE FREE

400 g



Gluten Free Choc Popperz

✓ SUPERLICIOUS CHOCOLATE
FLAVOURED CRUNCHY
WHOLEGRAIN RICE

✓ WHOLEGRAIN
✓ PRESERVATIVE FREE

375 g



Gluten Free Crunchy Chocolate Flakes

✓ CHOCOLATE FLAVOURED CRUNCHY
FLAKES

✓ HIGH FIBRE
✓ PRESERVATIVE FREE
✓ NATURAL FLAVORING

500 g



Gluten Free Crunchy Cinnamon Flakes

✓ CINNAMON FLAVOURED CRUNCHY
FLAKES

✓ HIGH FIBRE
✓ PRESERVATIVE FREE
✓ NATURAL FLAVORING

500 g



Oats

- ✓ QUICK COOKING OATS FLAKES
- ✓ GMO FREE
- ✓ HIGH IN DIETARY FIBRE
- ✓ NATURALLY CHOLESTERAL FREE
- ✓ NATURALLY SODIUM FREE

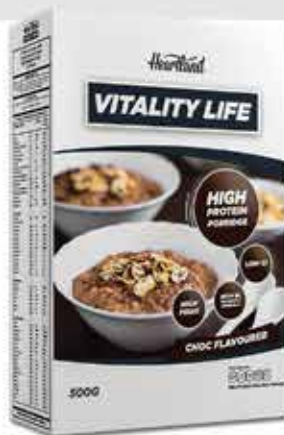
1.5 kg



Corn Flake Porridge

- ✓ DELICIOUSLY CREAMY INSTANT PORRIDGE
- ✓ INSTANT
- ✓ JUST ADD WATER OR MILK
- ✓ SOURCE OF FIBRE

1 kg



Vitality Life Porridge

- ✓ CHOCOLATE FLAVOURED
- ✓ HIGH PROTEIN
- ✓ LOW GI
- ✓ HIGH IN VITAMINS & MINERALS
- ✓ HIGH FIBRE

500 g



Vitality Life Porridge

- ✓ VANILLA FLAVOURED
- ✓ HIGH PROTEIN
- ✓ LOW GI
- ✓ HIGH IN VITAMINS & MINERALS
- ✓ HIGH FIBRE

500 g



Heartland Foods,
No 9 Trent Road,
Masons Mill industrial Estate
Pietermaritzburg, 3201

info@heartlandsfoods.co.za

Tel: 033 327 3130

www.heartlandsfoods.co.za

**CORN
FLAKES**

**BRAN
FLAKES**

Vitality
toasted marsh with
tropical fruit

Oats
quick cooking oat flakes

**Rice
Popperz**

**WHEATY
FLAKES**

Granola
original

**CORN
FLAKE
PORRIDGE**
Deliciously Creamy

PREMIUM
**RASPBERRY
& THYME**
Granola

PREMIUM
**CRANBERRY
& GOJI**
Granola

PREMIUM
**CHAI
& CHIA**
Granola

**CRUNCHY
CHOCOLATE
FLAKES**

**CRUNCHY
CINNAMON
FLAKES**

VITALITY LIFE

special
Muesli
with a variety of
fruits and nuts

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