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HOW MUCH SUGAR DOES CEREAL REALLY HAVE?

CEREAL

SUGAR CONTENT (%)

All-Bran Complete Wheat Flakes (3/4 cup)	17
All-Bran Original (1/2 cup)	19
Alpha-Bits (1 cup)	36
Apple Cinnamon Cheerios (3/4 cup)	40
Apple Jacks (1 cup)	43
Cap'n Crunch (3/4 cup)	44
Cheerios (1 cup)	4
Cinnamon Toast Crunch (3/4 cup)	32
Cocoa Krispies (3/4 cup)	39
Cocoa Puffs (3/4 cup)	44
Corn Flakes (1 cup)	7
Corn Pops (1 cup)	41
Froot Loops (1 cup)	41
Frosted Cheerios (3/4 cup)	36
Frosted Flakes (3/4 cup)	37
Frosted Mini Wheats Bite Size (24 biscuits)	20
Fruity Pebbles (3/4 cup)	37
Golden Grahams (3/4 cup)	35
Grape Nut Flakes (3/4 cup)	14
Grape Nuts (1/2 cup)	7
Heart to Heart Honey Toasted Oats (3/4 cup)	15
Honey Bunches of Oats (3/4 cup)	20
Honey Nut Cheerios (3/4 cup)	32

CEREAL

SUGAR CONTENT (%)

Honey Nut Chex (3/4 cup)	28
Honey Nut Clusters (1 cup)	28
Honey Smacks (3/4 cup)	56
Kashi 7 Whole Grain Puffs (1cup)	0
Kix (1 ¼ cup)	10
Life Cinnamon (3/4 cup)	25
Life Original (3/4 cup)	25
Low Fat Granola without Raisins (1/2 cup)	29
Lucky Charms (3/4 cup)	41
Raisin Bran (1 cup)	32
Raisin Bran Crunch (1 cup)	38
Reese's Puffs (3/4 cup)	41
Rice Chex (1 cup)	7
Rice Krispies (1 ¼ cup)	12
Shredded Wheat Original (1 cup)	0
Smart Start Strong Heart Antioxidants (1cup)	28
Special K (1 cup)	13
Special K Red Berries (1 cup)	29
Total (3/4 cup)	17
Total Raisin Bran (1 cup)	32
Trix (1 cup)	38
Wheat Chex (3/4 cup)	11
Wheaties (3/4 cup)	15