



# How much sugar is in your cereal?

**Added sugars** are put into foods during processing or preparation. Added sugars provide calories but no vitamins and minerals, very little nutritional value. Avoid getting too many calories, and reduce the chances for tooth decay, by limiting the amount of added sugar in your diet.

If Your Total Daily Diet Has:	Limit Your Daily Added Sugar To:
1600 calories	24 grams
2200 calories	48 grams
2800 calories	72 grams

Note: 4 grams of sugar = 1 teaspoon

Foods containing sugars and starches can cause tooth decay.  
Daily dental care including brushing with fluoride toothpaste and flossing will help prevent tooth decay.

Cereal Brand Name	Grams of Sugar	Cereal Brand Name	Grams of Sugar
General Mills Apple Cinnamon Cheerios	13	* Kellogg's Mini Wheats Frosted Bite Size	11
General Mills Basic 4	14	Kellogg's Mini Wheats Frosted Original	10
General Mills Brown Sugar & Oat Total	9	Kellogg's Mueslix with Raisins, Dates & Almonds	17
* General Mills Cheerios	1	Kellogg's Pokemon	14
General Mills Cheerios - Frosted	13	Kellogg's Product 19	4
General Mills Cheerios - Honey Nut	11	Kellogg's Raisin Bran	18
* General Mills Cheerios - Multi Grain	6	Kellogg's Raisin Bran Crunch	20
General Mills Cinnamon Toast Crunch	10	Kellogg's Rice Krispies	3
General Mills Cocoa Puffs	14	Kellogg's Rice Krispies Treats	9
General Mills Cookie Crisp	13	Kellogg's Smacks	15
General Mills Corn Chex	3	Kellogg's Smart Start	15
General Mills Corn Flakes Total	4	Kellogg's Special K	4
General Mills Fiber One Bran Cereal	0	Kellogg's Special K with Berries	10
General Mills Golden Grahams	10	Post 100% Bran	7
General Mills Honey & Nut Toasted Oats	11	Post Alpha Bits	13
General Mills Honey Nut Chex	9	* Post Banana Nut Crunch	12
General Mills Honey Nut Clusters	17	Post Blueberry Morning	15
General Mills Kix	3	* Post Bran Flakes	5
General Mills Lucky Charms	13	Post Cinna-Cluster Raisin Bran	19
General Mills Mini Wheats Raisin	12	Post Cocoa Pebbles	13
General Mills Mini Wheats Strawberry	9	Post Cranberry Almond Crunch	14
* General Mills Multi Bran Chex	12	Post Frosted Shredded Wheat	12
General Mills Nesquick	12	Post Fruit & Fibre (Dates, Raisins, Walnuts)	16
General Mills Oatmeal Crisp Almond	16	Post Fruit & Fibre (Peaches, Raisins & Almonds)	14
General Mills Oatmeal Crisp Raisin	18	Post Fruity Pebbles	12
General Mills Raisin Bran Total	20	* Post Grape Nuts (Natural Wheat & Barley)	5
General Mills Raisin Nut Bran	16	* Post Grape Nuts Flakes	5
General Mills Reese's Puffs	13	Post Grape-Nuts O's	10
* General Mills Rice Chex	2	Post Great Grains (Crunchy Pecans)	8
General Mills Sunrise Organic	10	Post Great Grains (Raisins, Dates & Pecans)	13
General Mills Toasted Oats	1	* Post Honey Bunches of Oats Honey Roasted	6
General Mills Trix	13	* Post Honey Bunches of Oats with Almonds	6
* General Mills Wheat Chex	5	Post Honey Comb	11
General Mills Wheaties	4	Post Honey Nut Shredded Wheat	12
General Mills Wheaties Energy Crunch	13	Post Original Shredded Wheat	0
General Mills Whole Grain Total	5	Post Original Shredded Wheat 'N Bran Spoon Size	<1
Kellogg's All Bran Original	6	Post Premium Raisin Bran	20
Kellogg's All Bran Original Bran Buds	8	Quaker 100% Natural (Oats, Honey & Raisins)	15
Kellogg's All Bran Original Extra Fiber	0	Quaker Cap'N Crunch	12
Kellogg's Apple Jacks	16	Quaker Cap'N Crunch Berries	12
Kellogg's Cocoa Krispies	14	Quaker Cap'N Crunch Galactic Crunch	13
Kellogg's Complete Oat Bran	6	Quaker Cap'N Crunch Peanut Butter Crunch	9
* Kellogg's Complete Wheat Bran	5	Quaker Cinnamon Life	9
* Kellogg's Corn Flakes	2	* Quaker Crunchy Corn Bran	6
Kellogg's Corn Pops	14	Quaker Honey Graham Oh's	12
Kellogg's Cracklin' Oat Bran	15	Quaker Life	6
Kellogg's Crispix	3	Quaker Lucky Charms	13
Kellogg's Frosted Flakes	12	* Quaker Oat Bran	9
Kellogg's Fruit Loops	15	Quaker Puffed Rice	0
Kellogg's Harmony - Vanilla Almond Oat	13	Quaker Puffed Wheat	0
Kellogg's Honey Crunch Corn Flakes	10	Quaker Toasted Oatmeal	12
Kellogg's Honey Frosted Mini Wheats	13	Quaker Toasted Oatmeal Cinnamon Squares	14
Kellogg's Just Right "Fruit & Nut"	15	Quaker Toasted Oatmeal Honey Nut	13
Kellogg's Low Fat Granola with Raisins	17	* Quaker Toasted Oatmeal Squares	9
Kellogg's Low Fat Granola without Raisins	14		

\* Cereals approved by the North Carolina WIC Program