

How much sugar is in your cereal?

Cereal	Sugar value Per 100g
Nestle Shredded Wheat	0.7g
Ready Brek Original Porridge	1.0g
Quaker Porridge Oats	1.1g
Oatibix	3.2g
Weetabix	4.4g
Kelloggs Cornflakes	8g
Kelloggs Rice Krispies	10g
Dorset Simply Nutty	14g
Weetabix Crunchy Bran	14g
Nestle Shreddies	14.9g
Weetabix Golden Syrup	15g
Weetabix Biscuits Banana	15g
Kelloggs Special K Nourish Chocolate And Coconut	15g
Alpen No Added Sugar Muesli	16g
Kelloggs Special K	17g
Special K Red Berries	17g
Special K Granola Cranberry Pumpkn/Almd	17g
Weetabix Chocolate	18g
Kelloggs All-Bran	18g
Kelloggs Special K Oats And Honey	18g
Jordans Country Crisp Chunky Nut	18.9g
Kelloggs Special K Red Berries	19g
Cheerios	21g
Quaker Oat So Simple Original Porridge Pot	21.2g
Alpen Original Muesli	22g
Quaker Oat Granola Apple And Cinnamon	22g
Nature Valley Oats And Honey Granola	22.3g
Quaker Oat Granola Raisin	22.5g
Cheerios Oat Crisp Cinnamon	23g
Kelloggs Fruit 'N' Fibre	24g
Nestle Honey Cheerios	24g
Weetabix Chocolate Weetos	24g
Nestle Golden Grahams	25.1g
Quaker Oat So Simple Strawberry Raspberry Cranberry Porridge	27g
Nestle Frosted Shreddies	28.4g
Kelloggs Crunchy Nut Oat Granola Fruit And Nut	29g
Quaker Oat So Simple Golden Syrup Porridge	29.5g
Kelloggs Krave Chocolate	30g
Kelloggs Crunchy Nut Cornflakes	35g
Kelloggs Coco Pops	35g
Kelloggs Frosties	37g
General Mills Lucky Charms	44.4g