



A Serious Look At Cereal

The best cereals are:

- Whole grain
- Unprocessed
- Low sugar
- Have no artificial colorings or flavorings

The figures below indicate percentage of sugar by weight (including naturally occurring sugars):

*US Dept of Agriculture

The Good	% sugar by weight	The Bad	% sugar by weight	The Ugly	% sugar by weight
Wheat Germ	0	40% Bran	18	Trix	42
Oatmeal	0	All Bran	18	Cap'n Crunch	42
Farina	0	Life	21	Crazy Cow	42
Wheatena	0	100% Bran	21	Count Chocula	46
Puffed Wheat/Rice	0	Frosted Wheats	25	Fruity Pebbles	46
Shredded Wheat	1	Raisin Bran	32	Cookie Crisp	46
Cheerios	4	Golden Grahams	35	Frankenberry	46
Chex	7	Cocoa Puffs	39	Fruit Loops	46
Nutri-Grain (corn)	7	Honey Comb	39	Apple Jacks	49
Kix	7	Alpha Bits	39	Sugar Smacks	56
Corn Flakes	7	Frosted Flakes	39		
Special K	7	Lucky Charms	39		
Grapenuts	11				
Rice Crispies	11				
Wheaties; Total	11				
Product 19	11				

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