

SUGAR IN THE MORNIN'

CEREAL	SERVING SIZE*	FIBER (grams)	SUGAR (Rounded to nearest Tsp.)	CEREAL	SERVING SIZE*	FIBER (grams)	SUGAR (Rounded to nearest Tsp.)
General Mills Apple Cheerios	¾ cup	1	3	Kellogg's Honey Smacks	¾ cup	1	4
General Mills Basic 4	1 cup	3	4	Kellogg's Hunny B's	1 cup	1	2
General Mills Cheerios	1 cup	3	0	Kellogg's Mud & Bugs	1 cup	<1	4
General Mills Cheerios Strawberry	1 cup	2	3	Kellogg's Raisin Almond Mueslix	⅔ cup	4	4
General Mills Cheerios Strawberry/Banana	1 cup	3	3	Kellogg's Raisin Bran Crunch	1 cup	7	5
General Mills Cheerios Triple Berry	1 cup	2	3	Kellogg's Rice Krispies	1¼ cup	0	1
General Mills Cinnamon Toast Crunch	¾ cup	1	3	Kellogg's Scooby Doo's Cinnamon Marshmallow	1 cup	<1	3
General Mills Cocoa Puffs	1 cup	0	4	Kellogg's Smart Start	1 cup	2	4
General Mills Count Chocula	1 cup	0	4	Kellogg's Sponge Bob Square Pants	1 cup	<1	3
General Mills Corn Chex	1 cup	0	1	Kellogg's Total Raisin Bran	1 cup	5	5
General Mills Fiber 1	½ cup	14	0	Kellogg's Apple Jacks	1 cup	1	4
General Mills French Toast Cereal	¾ cup	0	1	Kellogg's Corn Flakes	¾ cup	1	3
General Mills Golden Grahams	¾ cup	1	3	Kellogg's Crispix	1 cup	<1	1
General Mills Honey Cheerios	1 cup	2	3	Kellogg's Special K	1 cup	1	1
General Mills Honey Nut Cheerios	1 cup	2	3	Kellogg's Special K Red Berries	1 cup	1	3
General Mills Honey Nut Chex	¾ cup	0	2	Kellogg's Special K Vanilla Almonds	¾ cup	1	2
General Mills Kix	1½ cup	1	1	Post Alpha Bits	1 cup	1	3
General Mills Lucky Charms	1 cup	1	3	Post Blueberry Mornings	1¼ cup	2	4
General Mills Multi Grain Cheerios	1 cup	3	2	Post Bran Flakes	¾ cup	5	1
General Mills Oatmeal Crisp Almond	1 cup	4	4	Post Cinnamon Crunch	¾ cup	5	1
General Mills Oatmeal Crisp Raisin	1 cup	4	5	Post Cocoa Pebbles	¾ cup	0	3
General Mills Raisin Nut Bran	1 cup	5	5	Post Cranberry Almond Crunch	1 cup	3	4
General Mills Reese's Puffs	¾ cup	0	3	Post Fruit & Bran Dates, Raisins, & Walnuts	1 cup	6	4
General Mills Rice Chex	1¼ cup	0	1	Post Fruit & Bran Peach, Raisin & Almonds	1 cup	6	4
General Mills Trix	1 cup	1	3	Post Fruity Pebbles	¾ cup	0	3
General Mills Total Brown Sugar & Oats	¾ cup	1	2	Post Golden Crisp	¾ cup	<1	4
General Mills Total	¾ cup	3	1	Post Grapenut Flakes	¾ cup	3	1
General Mills Total Protein	¾ cup	3	1	Post Grapenuts	½ cup	6	1
General Mills Wheat Chex	1 cup	5	1	Post Great Grains Banana Nut Crunch	1 cup	5	3
General Mills Wheaties	1 cup	3	1	Post Great Grains Crunchy Pecans	½ cup	4	2
General Mills Wheaties Energy Crunch	1 cup	3	1	Post Great Grains Raisins, Dates, Pecans	½ cup	4	4
Kashi Cranberry	1 cup	2	2	Post Honeycomb	1½ cup	<1	3
Kashi Go Lean Crunch	1 cup	8	3	Post Honey Bunches with Almonds	¾ cup	2	2
Kashi Good Friends	¾ cup	8	2	Post Honey Bunches Bananas	¾ cup	2	2
Kashi Heart to Heart	¾ cup	5	1	Post Honey Bunches Peaches	¾ cup	1	2
Kashi Smart Start Soy	1 cup	4	4	Post Honey Bunches Strawberry	¾ cup	1	2
Kashi Strawberry	1 cup	1	2	Post Maple Pecan	¾ cup	2	3
Kellogg's Mini Wheat Maple & Brown Sugar	24 biscuits	5	3	Post Oreo O's	¾ cup	<1	3
Kellogg's Product 19	1 cup	1	1	Post Raisin Bran	1 cup	8	5
Kellogg's All Bran	½ cup	10	4	Post Shredded Wheat & Bran Spoon Size	1¼ cup	8	0
Kellogg's All Bran Extra Fiber	½ cup	13	0	Post Shredded Wheat Honey Nut	1 cup	4	3
Kellogg's Apple Jacks	1 cup	1	4	Post Shredded Wheat Original	2 biscuits	6	0
Kellogg's Apricot All Bran Bites	1½ cup	11	2	Post Shredded Wheat Spoon Size	1 cup	6	0
Kellogg's Cinnamon Krunchers	¾ cup	<1	3	Post Toasties Corn Flakes	1 cup	1	1
Kellogg's Cocoa Rice Crispies	¾ cup	1	4	Post Waffle Crisp	1 cup	<1	3
Kellogg's Corn Flakes	1 cup	1	1	Quaker Captain Crunch	¾ cup	1	3
Kellogg's Corn Flakes Banana	¾ cup	<1	2	Quaker Captain Crunch Berry	¾ cup	1	3
Kellogg's Corn Pops	1 cup	<1	4	Quaker Captain Crunch Peanut Butter	¾ cup	1	0
Kellogg's Cracklin' Oat Bran	¾ cup	5	4	Quaker Cinnamon Life	¾ cup	2	2
Kellogg's Frosted Flakes	¾ cup	1	3	Quaker King Vitaman	1½ cup	1	2
Kellogg's Frosted Mini Wheats	24 biscuits	6	3	Quaker Life Cereal	¾ cup	2	2
Kellogg's Fruit Harvest Apple/Cinnamon	1 cup	3	5	Quaker Oats Old Fashioned (dry)	½ cup	4	0
Kellogg's Fruit Harvest Peach/Strawberry	¾ cup	1	2	Quaker Oat Squares	1 cup	5	3
Kellogg's Fruit Harvest Strawberry/Blueberry	¾ cup	<1	3	Quaker Puffed Rice	1 cup	0	0
Kellogg's Fruit Loops	1 cup	1	4	Quaker Puffed Wheat	1¼ cup	1	0
Kellogg's Fruit Loops 1/3 less sugar	1¼ cup	1	3				

*Check serving size on box to be sure it's what you would normally eat.