

# BREAKFAST CEREALS











## Sugar %

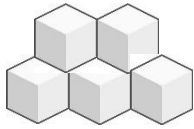
### The Best 10

No need to add sugar or honey -

My child is used to adding sugar! I'll just put a little less on each day til they get used to the taste without it!

(adapted from: A Teaspoon Guide to Australian Breakfast Cereals)












1)	Oats, Quick Oats, Uncle Toby's Oat Brits		0 - 1%
2)	Uncle Tobys Vita Brits		1.2%
3)	Sanitarium Lite-bix		1.7%
4)	Uncle Tobys Shredded Wheat		2.1%
5)	Sanitarium Weet-Bix		2.5%
6)	Home Brand Wheat Biscuits		2.7%
7)	Sanitarium Weet-Bix Kids		3.0%
8)	Corn Flakes		8.0%
9)	Mini Wheats 5 Grains		8.8%
10)	Rice Bubbles		9.0%



# The Worst 10

Sultanas, Honey, Clusters,  
Chocolate, Dried Fruit,  
Crunchy

Check the sugar content!!!

1)	Cocoa Puffs		44.0%
2)	Kellogg's Froot Loops		41.7%
3)	Kellogg's Frosted Flakes		41.3%
4)	Kellogg's All Bran Wheat Flakes Honey Almond		39.0%
5)	Kellogg's Coco Pops		36.7%
6)	Uncle Tobys Oats Temptations Sultanas, Apples & Honey		34.0%
7)	Uncle Tobys Plus Sultanas 'n Bran		32.4%
8)	Kellogg's Nutri-grain Coco Pops Chex		32.0%
9)	Kellogg's Crunchy Nut Corn Flakes Nestlé Nesquik,	 	31.7%
10)	Nestlé Milo		31.3%

**I wouldn't give my child a chocolate bar for breakfast?**

2 tablespoons of Nutella has:

200 Calories (100 Calories from fat)

11g fat (3.5 saturated)

21 grams of sugar

