

# SUGAR IN THE MORNIN'

CEREAL	SERVING SIZE*	FIBER (grams)	SUGAR (Rounded to nearest Tsp.)	CEREAL	SERVING SIZE*	FIBER (grams)	SUGAR (Rounded to nearest Tsp.)
Cream Of Wheat Instant Original	1 packet	1	0	Kellogg's Rice Krispies	1 1/4 cup	<1	1
General Mills Apple Cinnamon Cheerios	3/4 cup	2	3	Kellogg's Smart Start-Original	1 cup	3	4
General Mills Basic 4	1 cup	4	3	Kellogg's Crispix	1 cup	<1	1
General Mills Cheerios	1 cup	3	0	Kellogg's Special K	1 cup	1	1
General Mills Cinnamon Toast Crunch	3/4 cup	2	3	Kellogg's Special K Red Berries	1 cup	3	2
General Mills Cocoa Puffs	3/4 cup	2	3	Kellogg's Special K Vanilla Almonds	3/4 cup	3	2
General Mills Corn Chex	1 cup	2	1	Post Alpha Bits	1 cup	2	3
General Mills Fiber 1	1 cup	11	4	Post Blueberry Morning	1 1/4 cup	2	4
General Mills Golden Grahams	3/4 cup	1	3	Post Bran Flakes	3/4 cup	5	1
General Mills Honey Nut Cheerios	3/4 cup	2	2	Post Cocoa Pebbles	3/4 cup	0	3
General Mills Honey Nut Chex	3/4 cup	1	2	Post Great Grains Cranberry Almond Crunch	3/4 cup	4	3
General Mills Kix	1 1/4 cup	3	1	Post Fruity Pebbles	3/4 cup	0	2
General Mills Lucky Charms	3/4 cup	2	3	Post Golden Crisp	3/4 cup	<1	4
General Mills Multi Grain Cheerios	1 cup	3	2	Post Grapenut Flakes	3/4 cup	3	1
General Mills Oatmeal Crisp Almond	1 cup	5	4	Post Grapenuts	1/2 cup	7	1
General Mills Oatmeal Crisp Raisin	1 cup	5	5	Post Great Grains Banana Nut Crunch	1 cup	4	3
General Mills Raisin Nut Bran	1 cup	5	5	Post Great Grains Crunchy Pecans	3/4 cup	5	2
General Mills Reese's Puffs	3/4 cup	1	3	Post Great Grains Raisins, Dates, Pecans	3/4 cup	5	3
General Mills Rice Chex	1 cup	1	1	Post Honeycomb	1 1/2 cup	1	3
General Mills Trix	1 cup	1	3	Post Honey Bunches with Almonds	3/4 cup	2	2
General Mills Total Raisin Bran	1 cup	5	4	Post Honey Bunches Peaches	3/4 cup	2	2
General Mills Total	3/4 cup	3	1	Post Honey Bunches Pecan	3/4 cup	1	2
General Mills Wheat Chex	3/4 cup	5	1	Post Honey Bunches Strawberry	3/4 cup	2	2
General Mills Wheaties	3/4 cup	3	1	Post Raisin Bran	1 cup	8	5
Kashi Autumn Wheat	27 biscuits	6	2	Post Shredded Wheat & Bran Spoon Size	1 1/4 cup	8	0
Kashi Go Lean Crunch	1 cup	8	3	Post Shredded Wheat Honey Nut	1 cup	5	3
Kashi Heart to Heart Honey Toasted	3/4 cup	5	1	Post Shredded Wheat Original	2 biscuits	6	0
Kashi Strawberry Fields	1 cup	1	2	Post Shredded Wheat Spoon Size	1 cup	6	0
Kellogg's Mini Wheat Maple & Brown Sugar	24 biscuits	5	3	Quaker Cap'n Crunch	3/4 cup	1	3
Kellogg's Product 19	1 cup	1	1	Quaker Cap'n Crunch's Crunch Berries	3/4 cup	1	3
Kellogg's All Bran	1/2 cup	10	2	Quaker Cap'n Crunch's Peanut Butter	3/4 cup	1	2
Kellogg's Apple Jacks	1 cup	3	3	Quaker Cinnamon Life	3/4 cup	2	2
Kellogg's Cocoa Rice Crispies	3/4 cup	<1	3	Quaker Crunchy Corn Bran	3/4 cup	5	2
Kellogg's Corn Flakes	1 cup	1	1	Quaker Instant Oatmeal Maple & Brown Sug.	1 pouch	3	2
Kellogg's Corn Pops	1 cup	3	3	Quaker Instant Grits	1 packet	1	0
Kellogg's Cracklin' Oat Bran	3/4 cup	6	4	Quaker King Vitaman	1 1/2 cup	1	2
Kellogg's Fiber Plus Cinnamon Oat Crunch	3/4 cup	9	2	Quaker Life Cereal	3/4 cup	2	2
Kellogg's Frosted Flakes	3/4 cup	1	3	Quaker Oats Old Fashioned (dry)	1/2 cup	4	1
Kellogg's Frosted Mini Wheats Original	24 biscuits	6	3	Quaker Oatmeal Squares	1 cup	5	2
Kellogg's Fruit Loops	1 cup	3	3	Quaker Puffed Rice	1 cup	0	0
Kellogg's Honey Smacks	3/4 cup	1	4	Quaker Puffed Wheat	1 1/4 cup	1	0
Kellogg's Raisin Bran Crunch	1 cup	4	5				

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



**America's Personal Health Improvement Expert<sup>SM</sup>, Nutritionist David Meinz** speaks to state and national associations and corporations on the topic of health and longevity. His formal education includes a Master's Degree (MS) in Human Nutrition and status as a Registered Dietitian (RD) and Fellow in the American Dietetic Association (FADA). He is also a Certified Speaking Professional (CSP) in the National Speaker's Association. To have him speak to your business, association, or group, contact us at: **314-838-7288 • PO Box 70, St. Louis, MO 63042 • Or visit us at [www.DavidMeinz.com](http://www.DavidMeinz.com)**

©MMXI David L. Meinz, MS, RD, FADA, CSP Reprinted With Permission From David L. Meinz.

Dr. James Smith • 813-976-900  
7564 Jefferson Road, Springfield, MO 67986 • [www.HappyTeeth.com](http://www.HappyTeeth.com)