

Sugar in Breakfast Foods

Values for teaspoons of sugar were calculated from sugar (grams) listed for each product.  One level teaspoon of sugar is equivalent to 4 grams of sugar. All values were rounded to the nearest whole number.

Grain Cereal



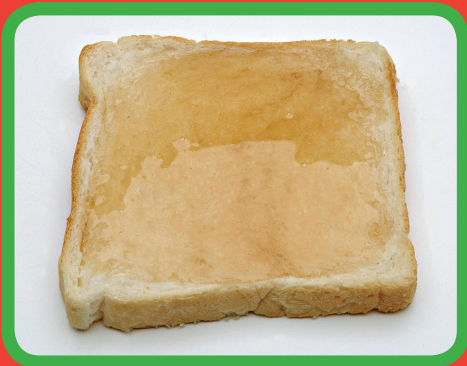
Fruit Loops



Jam



Honey



Chocolate Spread



Coco Puffs



Whole-Wheat Cereal



No Added Sugar

Crumpet



No Added Sugar

Peanut Butter

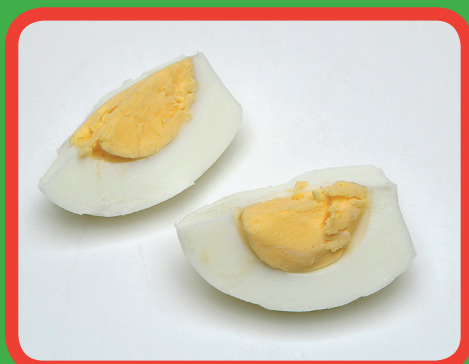


No Added Sugar

Cornflakes



Cooked Egg



No Added Sugar

Baked Beans

