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**Healthy Lifestyles Sugar in Cereal Fact Sheet**

**What is a portion?**

A portion of cereal usually varies from 30g – 45g depending on the brand and type of cereal. To put this into context, a variety pack box of coco pops is 30g.



Many of us have a lot more than the recommended portion size, often having double or even triple this amount. The sugar content of the cereals in this fact sheet have been worked out per 100g as this is the easiest way to compare each cereal. Each packet will also tell you how much sugar is in them per portion or serving.

*For the purpose of this fact sheet we are using sugar cubes as the equivalent, however 1 cube also equals 1 teaspoon.*

*Recommended daily cube amounts for children –*

* *4-6 year olds – 5 cubes*
* *7-10 year olds – 6 cubes*
* *11+ years - 7 cubes*

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| **Cornflakes sugar content per 100g**  Kellogg's Corn Flakes 24g | Sainsbury's | **8g of sugar = 2 cubes** |
| **Special K sugar content per 100g** | **15g of sugar = 3.75 cubes** |

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| **Coco Pops sugar content per 100g**  Kellogg's Coco Pops Cereal 480g | Kellogg's | Iceland Foods | **17g of sugar = 4.25 cubes** |
| **Krave Milk Chocolate sugar content per 100g**  Kellogg's Krave Milk Chocolate | Waitrose & Partners | **28g of sugar = 7 cubes** |
| **Krave Chocolate Hazelnut sugar content per 100g**  Kellogg's Krave Chocolate Hazelnut Cereal 375g | Sainsbury's | **29g of sugar = 7.25 cubes** |
| **Weetabix sugar content per 100g**  Weetabix Original Whole Grain - Breakfast Cereals - Whole Grain Cereal -  High Fiber, Low Sugar, Low Fat - 14x430g: Amazon.co.uk: Grocery | **4.2g of sugar = 1.5 cubes** |
| **Weetabix Chocolate Crispy Minis sugar content per 100g**  Weetabix Crispy Minis Chocolate Chip Cereal Case 2 X 600g for sale online |  eBay | **17g of sugar = 4.25 cubes** |
| **Shreddies Original sugar content per 100g**  Nestle Shreddies Cereal 1kg | Sainsbury's | **13g of sugar = 3.25 cubes** |
| **Shreddies Chocolate sugar content per 100g**  Nestle Coco Shreddies, 500g: Amazon.co.uk: Grocery | **27g of sugar = 6.75 cubes** |
| **Shredded Wheat sugar content per 100g**  Nestle Shredded Wheat, 16 Biscuits: Amazon.co.uk: Grocery | **0.7g of sugar = 0.1 cubes** |
| **Nesquik Chocolate and Banana Pillows sugar content per 100g**  Search Results - ASDA Groceries | **24.6g of sugar = 6.1 cubes** |
| **Ready brek Smooth porridge sugar content per 100g**  Ready Brek - Porridge and Oats | **1.0g of sugar = 0.25 cubes** |
| **Oreo O’s Cereal sugar content per 100g**  Asda Is Selling Oreo O's Cereal In The UK For The First Time | **27g of sugar = 6.75 cubes** |
| **Rainbow Hoops sugar content per 100g**  Asda is selling UNICORN cereal hoops coloured like the rainbow | **21g of sugar = 5.25 cubes** |
| **Frosties sugar content per 100g**  Kellogg's Kellogg's Frosties, 375g: Amazon.co.uk: Grocery | **37g of sugar = 9.25 cubes** |
| **Cookie Crisp sugar content per 100g**  Nestle Cookie Crisp Cereals 375 g (Pack of 5): Amazon.co.uk: Grocery | **22g of sugar = 5.5 cubes** |
| **Oat So Simple Golden Syrup Porridge sugar content per 100g**  Quaker Oat So Simple Golden Syrup Porridge Sachets 18x36g | Sainsbury's | **19g of sugar = 4.75 cubes** |
| **Oat So simple Original Porridge sugar content per 100g**  Quaker Oat So Simple Original Porridge Sachets 12x27g | Sainsbury's | **1.0g of sugar = 0.25 cubes** |
| **Rice Krispies sugar content per 100g**  Kellogg's Rice Krispies 22g | Sainsbury's | **7.9g of sugar = 1.9 cubes** |
| **Crunchy Nut sugar content per 100g**  Kelloggs Crunchy Nut Cornflakes | **35g of sugar = 8.75 cubes** |
| Quaker Oat Honey & Almond Granola 500g | Sainsbury's**Simply Granola sugar content per 100g** | **19g of sugar = 4.75 cubes** |

**Have you been surprised by these amounts? Has it encouraged you to make any cereal swaps?**

If the cereal your family eats isn’t listed why not check the label and work out the sugar content. You’ll find this information on the back of the box in the nutritional information panel, listed under ‘carbohydrate, of which is sugars’. Whatever the amount listed is, then divide it by 4 to get the amount in teaspoons.

**Additional Info**

You can also download the Change4Life Smart Scanner free app. This allows you to scan the barcodes on products and it will automatically tell you how much sugar, fat and salt is in the product without you having to work anything out! Why not try this as a family with other items in your cupboards. This is also useful food label information - [Food Labels | Nutrition Labels | Change4Life (www.nhs.uk)](https://www.nhs.uk/change4life/food-facts/food-labels)