



How much sugar is in my cereal?

Cereal	Sugar g/100g
Weetbix – Sanitarium	2.8
Wheat biscuits - Pams	2.8
Toasted Muesli – Hubbard’s almond pecan	12.3
Special K – Kellogg’s	14.5
Toasted Muesli - Sanitarium	15.8
Toasted Muesli – Hubbard’s papaya and apricot	18
Weetbix bites – Sanitarium	22.2
Sultana Bran – Kellogg’s	22.7
Belvita -Nabisco	23.1
Berry muesli – Weight Watchers	23.1
Just right – Kellogg’s	28.7

How to choose a good one:

1. Low sugar cereal <5g sugar/100g
2. High fibre >6g/100g
3. Least ingredients (< 5 ingredients is ideal)