

Breakfast Cereals



No Added Sugar

- Fibre One
- Shredded Wheat
- Oatmeal



Added Sugar

Lower added sugar options (<5 g/serving):

- cheerios, corn flakes, crispix, rice krispies, special K, chex

Higher added sugar options (>5g/serving):

- Reese's puffs, cinnamon toast crunch, lucky charms, cocoa puffs
- frosted flakes, fruit loops, frosted mini wheats
- Shreddies, honey bunches of oats, raisin bran, sugar crisp

