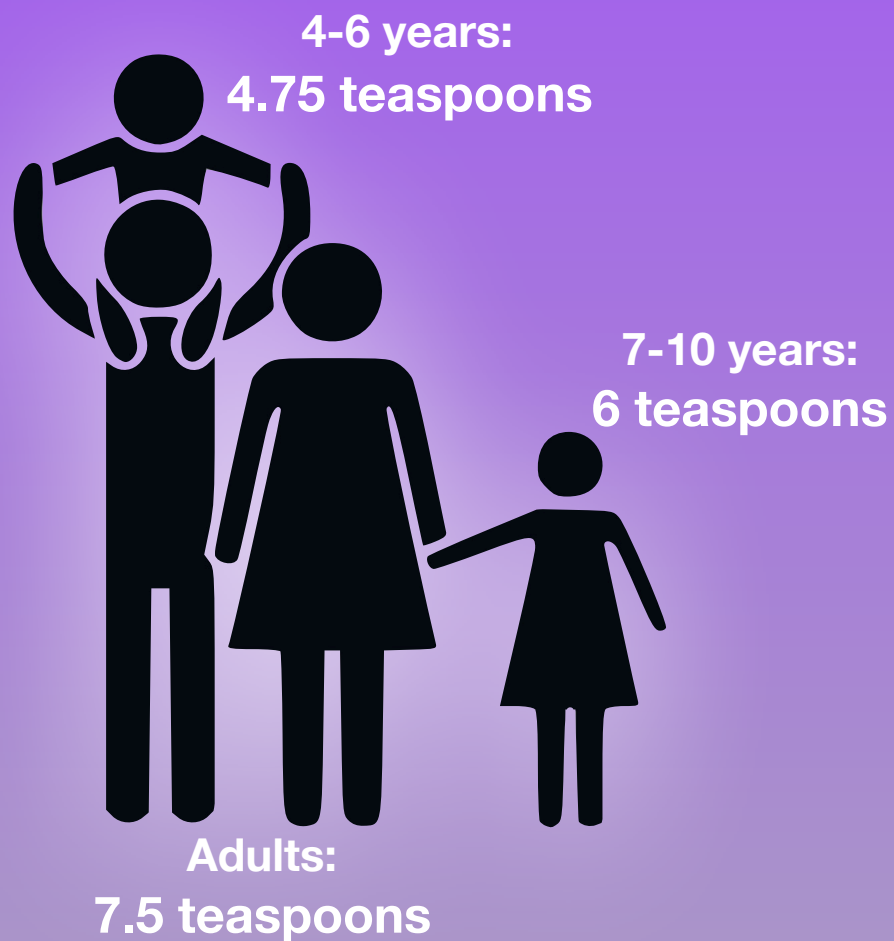


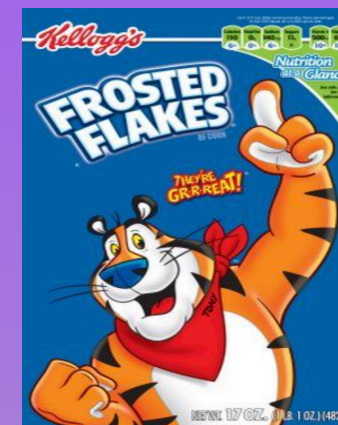
How much **SUGAR** is in your cereal?

Maximum daily sugar intake*



It is recommended that sugars should not make up more than 5% of the energy (calories) you get from food and drink each day.

Breakfast cereals



2.75 teaspoons



0.75 teaspoons



0.25 teaspoons