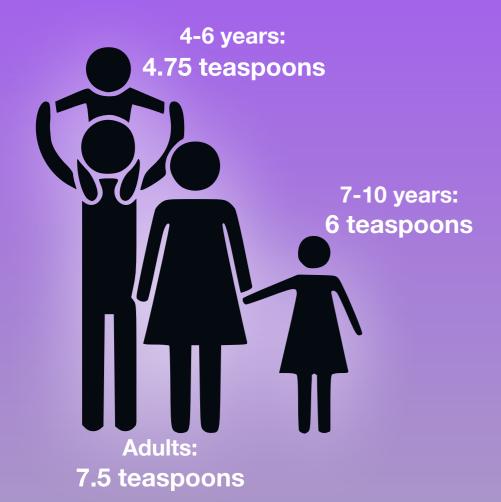
How much SUGAR is in your cereal?

Maximum daily sugar intake*



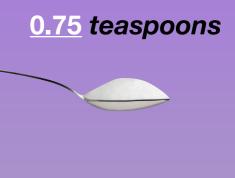
It is recommended that sugars should not make up more than 5% of the energy (calories) you get from food and drink each day.

Sources: TSWD - Cereal Dataset *www.nhs.uk

Breakfast cereals









0.25 teaspoons



Figures have been rounded 4g of sugar = 1 teaspoon