

# DO YOU START YOUR DAY WITH A BOWL OF CEREAL?

% OF LOCAL SUGAR FOR 1 OUNCE SERVING DRY WEIGHT

## CEREAL

<p><b>0-9.9%</b> <b>BEST CHOICE</b></p>	<p>CHEERIOS (GM) CORN CHEX (RP) CORN FLAKES (jewel generic) CORN FLAKES (jewel maid) CORN FLAKES (K) GRAPE NUTS (GF) KIX (GM)</p>	<p>POST TOASTIES (GF) PRODUCT 19 (K) PUFFED RICE (Q) PUFFED WHEAT (Q) RICE CHEX (RP) RICE KRISPIES (K)</p>	<p>SHREDDED WHEAT (N) SHREDDED WHEAT SPOON SIZE (N) SPECIAL K (K) TOTAL (GM) WHEAT CHEX (RP) WHEATIES (GM)</p>
<p><b>10-19.9%</b></p>	<p>ALL BRAN (K) BRAN CHEX (RP) BRAN FLAKES, 40% (GF) BUCKWHEATS (GM)</p>	<p>CONCENTRATE (K) FORTIFIED OAT FLAKES (GF) GRAPE NUT FLAKES (GF) CRISPY RICE (jewel maid)</p>	<p>LIFE (Q) PRODUCT 19 (K) TEAM (N)</p>
<p><b>20-29%</b></p>	<p>100% BRAN (N) 40% BRAN FLAKES (N) CORN BRAN (Q) COUNTRY CRISP (GF) C. W. POST (plain) (GF)</p>	<p>C. W. POST (raisin) (GF) FROSTED MINI WHEATS (K) GOLDEN GRAHAMS (GM) HONEY BRAN (RP) LIFE, CINNAMON (Q)</p>	<p>MOST (K) 100% NATURAL CEREAL (Q) RAISIN BRAN (K)</p>
<p><b>30-39.9%</b></p>	<p>ALPHABITS (GF) BODY BUDDIES NATURAL FRUIT FLAVOR (GM) BODY BUDDIES BROWN SUGAR &amp; HONEY (GM) CAP'N CRUNCH (Q) CAP'N CRUNCH PEANUT BUTTER (Q) COCOA PUFFS (GM) COOKIE CRISP, OATMEAL (RF)</p>	<p>CRACKLIN' BRAN (K) FROSTED RICE (K) GOLDEN GRAHAMS (GM) GRAHAM CRACKOS (K) HONEY COMBS (GF) HONEY NUT CORN FLAKES (K) HONEY NUT CHEERIOS (GM)</p>	<p>100% NATURAL CEREAL WITH RAISINS &amp; DATES RAISIN BRAN (GF) RAISIN BRAN (jewel maid) SUGAR FROSTED FLAKES (jewel generic) SUGAR FROSTED FLAKES (jewel maid) TRIX (GM)</p>
<p><b>40-49.9%</b></p>	<p>CAP'N CRUNCH CRUNCHBERRIES (Q) COCOA KRISPIES (K) COCOA PEBBLES (GF) COOKIE CRISP, CHOCOLATE CHIP (RP) COOKIE CRISP, VANILLA (RP)</p>	<p>CRAZY COW, CHOCOLATE (GM) FRANKENBERRY (GM) FROOT LOOPS (K) FROSTED RICE KRINKLES (GF) FRUITY PEBBLES (GF)</p>	<p>LUCKY CHARMS (GM) QUISP (Q) SUGAR CORN POPS (K) SUGAR FROSTED FLAKES (R) SUPER SUGAR CRISP (GF)</p>
<p><b>50-59.9%</b></p>	<p>APPLE JACKS (K) SUGAR SMACKS (K)</p>		
<p><b>EXAMPLES OF OK FLAVORED DRINKS:</b></p>	<p>PROPEL SPLASH</p>	<p>FRUIT 2 O VERMONT PURE ESSENCE FRUIT REFRESHERS</p>	<p><b>Read the label on the back of bottles - SUGAR 5 G. or less is great</b></p>