

Changes for the Whole Family

This leaflet is designed for the whole family to follow, not just for the child with diabetes.

Lowering sugar intake is recommended for all children and adults to prevent weight gain and tooth decay.

Families where everyone in the house adopts the healthy eating message find that there is less conflict regarding food and mealtimes.

National Guidelines On Added Sugar Intake - 2015

The recommendation is that added sugars in food account for no more than 5% of total daily energy. This is a recommendation for everyone, not just those with diabetes.

| Age | Max sugar intake per day | Max sugar in teaspoons per day |
|-----------------|--------------------------|--------------------------------|
| 4-6 year olds | 19g max | 5 teaspoons sugar |
| 7-10 year olds | 24g max | 6 teaspoons sugar |
| 11 years olds + | 30g max | 7 teaspoons sugar |

Useful Contact Numbers

Paediatric Diabetes Specialist Nurses

Office: 01254 732 558

Carol Wade

Mobile: 07866 441 041

Peter Doyle

Mobile: 07740 803 786

Vicky Phillips

Mobile: 07973 315 298

Clair Kneale

Mobile: 07713 089 470

Karen Smith

Mobile: 07943 579 965

Sarah Hilton

Mobile: 07943 580 088

Paediatric Diabetes Dietitians

Julie Wood

Alison Ashworth

Office: 01254 732 463

Authors: Dietetics
Issue Date: Sept 2018
Document ID: DT03

Version: 3
Review Date: Sept 2021



East Lancashire Hospitals
NHS Trust

How Much Sugar is in Your Breakfast Cereal?



East Lancashire
Children and
Young Peoples
Diabetes Team




Breakfast cereal is generally thought of as being a healthy way to start the day. However, you may be surprised at how much sugar many of them contain. Sugar raises blood glucose levels faster than insulin can work, especially in the morning. Therefore high sugar cereals can cause a rise in BG midmorning which is hard to manage.

Low sugar breakfast cereals can be made naturally sweet by adding fruit such as berries or sliced banana. This will need extra insulin.

Many high-sugar cereals are also very processed. This means that they lose a lot of their fibre content. Fibre is important for the body, as it is digested slowly and releases energy more steadily. This helps to prevent rapid rises in blood glucose midmorning and will also make you feel fuller for longer.

Although our tables show a selection of breakfast cereals, there are still many that we have not included. You can rate these cereals yourself by looking at the nutrient label on the box. Find out how much sugar is in 100g and then work out if it is healthy or not by using the following grid:

Sugar in 100g Rated

| | | |
|-------------|--------|---|
| 10g or less | Green |  |
| 11g - 24g | Yellow |  |
| 24g + | Red |  |

Breakfast Cereals - Comparison of Sugar Content in a 50g Serving

| CEREAL | SUGAR g | Tea-spoons of sugar |
|-------------------------------|---------|---------------------|
| Shredded Wheat | 0.4 | <1 |
| Shredded Wheat Bitesize | 0.4 | <1 |
| Readybrek | 0.5 | <1 |
| Oatibix | 1.5 | <1 |
| All Bran | 1.5 | <1 |
| Weetabix | 2.2 | 1 |
| Cornflakes | 4 | 1 |
| Rice Krispies | 5 | 1 |
| Weetabix Crunchy Bran | 7 | 2 |
| Shreddies | 7.5 | 2 |
| Alpen Muesli (No added Sugar) | 8 | 2 |
| Weetabix Bitesize | 8.5 | 2 |
| Special K | 8.5 | 2 |
| Mornflake Classic Muesli | 10 | 3* |
| All Bran Flakes | 10 | 3 |
| Rice Krispies Multigrain | 10.5 | 3 |
| Cheerios | 10.5 | 3 |
| Just Right | 11.5 | 3* |
| Alpen Muesli Original | 11.5 | 3* |
| Fruit 'n' Fibre | 12 | 3* |

| CEREAL | SUGAR | Tea-spoons of sugar |
|------------------------|-------|---------------------|
| Toffee Crisp | 12 | 3 |
| Golden Grahams | 12 | 3 |
| Fruit loops | 12.5 | 3 |
| Golden Nuggets | 12.5 | 3 |
| Nesquik | 12.5 | 3 |
| Sugar Puffs | 14.5 | 4 |
| Crunchy Nut Granola | 14.5 | 4 |
| Krave | 15 | 4 |
| Ricicles | 17 | 4 |
| Coco Pops | 17.5 | 5 |
| Crunchy Nut Cornflakes | 17.5 | 5 |
| Frosties | 18.5 | 5 |

Key

| | | |
|---|--------|-------|
|  | Green | Best |
|  | Yellow | OK |
|  | Red | Avoid |

*** These cereals contain fruit and so will look like they have more sugar in them.**