



MOST UNHEALTHY CEREALS

- Not all of them are created equal. Some parents actively oppose cereal because so many of them have loads of sugar.
- Plus, most people eat way more than the recommended serving, which is usually about a cup. That may not seem like an adequate serving, but it is if you want to be mindful about your health.
- Cereal nutrition facts are still important.

1. Special K Fruit and Yogurt

The cereal's fruit and yogurt variety leaves a lot to be desired. Indeed, the yogurt reportedly doesn't include probiotics. And with 13 grams of sugar, this breakfast food is just as sweet as others.

2. Sour Patch Kids Cereal

Sour Patch Kids cereal only debuted in 2018. But it made plenty of headlines. For each cup, Sour Patch Kids Cereal has 140 calories and 13 grams of sugar. Interestingly enough, two fun-size pouches of Sour Patch Kids candy has 19 grams of sugar.

3. Raisin Bran Crunch

When you think of Raisin Bran, you think of nutrition. Indeed, a single serving of Raisin Bran Crunch contains 19 grams of sugar.

4. Marshmallow Fruity Pebbles

Just because something is fun (and very colorful) doesn't mean it's good for you. Marshmallow Fruity Pebbles maintained a relatively low calorie count for a cereal, coming in at 110 calories per serving. However, each cup had 13 grams of sugar. Regular Fruity Pebbles isn't that much better; it has 12 grams.

5. Chex Clusters Fruit & Oats

Chex Clusters Fruits & Oats has a whopping 200 calories per cup, and that's not the worst part. The sugar count comes in at 17 grams.

6. Froot Loops, these don't contain actual fruit.

Froot Loops cereal has 12.9 grams of sugar. And according to CBS News, 41% of the colorful cereal is nothing but sugar.

7. Honey Smacks

Some food safety administrators took Honey Smacks off the shelves because of a potential salmonella outbreak. That may be the biggest reason to be wary of the cereal, but it's not the only reason. Per serving, the cereal reportedly contains 15 grams of sugar.

8. Krave Chocolate

This high carb cereal has 11 grams of sugar. That amount of sugar certainly isn't the worst. But as far as breakfast cereals go, Krave Chocolate does not offer much of the nutrition most people need

9. Cap'n Crunch with Crunch Berries

This cereal has 11 grams of sugar per serving, though. And those yummy crunch berries certainly don't help. CBS News reports that this classic cereal is 42.3% sugar.

10. Kellogg's Smorz

Kellogg's Smorz cereal contains 25 grams of carbs and 13 grams of sugar, making it quite satisfying to your sweet tooth. It contains ample amounts of chocolate and marshmallows, though.

11. Golden Crisp

Golden Crisp, which has 19 grams of sugar per serving, is literally 51% sugar overall.

12. Frosted Flakes

One cup of Frosted Flakes contains 37 grams of carbs and 15 grams of sugar.

13. Reese's Puffs

Your dentist probably wouldn't like it. And as far as cereals go, this one isn't the worst choice. Reese's Puffs have 10 grams of sugar per serving, and Nutritionix calculated that they're 71% carbohydrates.

14. Lucky Charms. Again, blame the marshmallows. The cereal is not a wonderful breakfast choice unless you really want a sugar crash. One serving of Lucky Charms contains 13 grams of (magically delicious) sugar. A single cup also has 10% of your recommended daily sodium intake.

15. Cocoa Puffs

Every single serving of Cocoa Puffs contains 13 grams of sugar.

16. Basic 4

Basic 4 cereal has a lot of calories, but the other nutritional values might seem great. In fact, a single bowl has an impressive amount of fiber. And most people could stand to up their fiber intake. Basic 4 cereal also has 12 grams of sugar in each serving