

*“That which we call a rose by any other name
would smell so sweet...”* by William Shakespear



Different names for sugar:

Agave syrup, amasake, barley malt, brown sugar, corn syrup, corn syrup solids, dextrine, dextrose, evaporated cane juice, fructose, glucose, glucose syrup, galactose, golden syrup, grape juice, high fructose corn syrup, honey, hydrolysed starch, hydrogenated glucose syrup, invert sugar, isomalt, lactose, lactitol, levulose, malt, mannitol, maltitol, maltose, maple syrup, molasses, raisins, rice malt, rice syrup, raw sugar, sugar, sucrose, sorbitol, treacle, turbinado sugar, xylitol

Nutrition Facts		
Serving Size	1 Cup (53g/1.9 oz.)	
Servings Per Container	About 10	
	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Amount Per Serving		
Calories	190	230
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 210mg	9%	11%
Potassium 210mg	6%	12%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 4g	16%	16%
Sugars 20g		
Other Carbohydrate 21g		
Protein 3g		

4 grams = 1 tsp of sugar

Sugars 20g / 4 = 5 tsps sugar

Ingredients: Whole wheat, rice, sugar, raisins, wheat bran, high fructose corn syrup, whole oats, glycerin, brown sugar, corn syrup, salt, barley malt syrup, partially hydrogenated soybean and/or cottonseed oil, modified corn starch, cinnamon, honey, natural and artificial flavor, niacinamide, reduced iron, malt flavoring, ascorbic acid (vitamin C), zinc oxide, pyridoxine hydrochloride (vitamin B₆), vitamin A palmitate, riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), BHT (preservative), folic acid, vitamin B₁₂ and vitamin D.