Name:	
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## Find the Sugar

Look at the labels from different cereal packages. Write down the name of the cereal, the serving size, the amount of sugar per serving, and the ingredients used to sweeten the cereal. List the first ingredient in the cereal. Rank the cereals from lowest amount of sugar to highest (1 is the least sugar).



Name of Cereal	Serving Size	Amount of Sugar	"Sweet" Ingredients	First Ingredient	Rank

1.	Which cereal has the most sugar?
2.	Which cereal has the least sugar?
3.	What is the first ingredient in the cereal with the most sugar?
4.	What is the first ingredient in the cereal with the least sugar?
5.	How many teaspoons of sugar are in one serving of the cereal with the most sugar? (4 grams of sugar = 1 teaspoon of sugar)
	In two servings?
6.	How many teaspoons of sugar are in one serving of the cereal with the least sugar?
	In two servings?
7.	Which cereal(s) do you think is the best to eat for breakfast on most days? Why?