

The Glycaemic Index helps predict how these breakfasts might affect blood glucose, important information if you have type 2 diabetes

Cereal	Glycaemic Index	Serve size	How does each cereal affect blood glucose compared to 4g teaspoons of table sugar?									
Coco Pops	77	30g	7.3									
Cornflakes	93	30g	8.4									
Mini Wheats	59	30g	4.4									
Shredded Wheat	67	30g	4.8									
Special K	54	30g	4.0									
Bran Flakes	74	30g	3.7									
Oat porridge	63	150ml	4.4									

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:
The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP