

# Suggested Cereal List



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Cereal List Criteria: A 30g serving of cereal must pass the following test:

<b>WHOLE WHEAT</b> <i>1<sup>st</sup> ingredient listed</i>	<b>FIBER</b> <i>3g or MORE</i>	<b>PROTEIN</b> <i>3g or MORE</i>	<b>SUGAR</b> <i>12 g or LESS</i>	<b>SODIUM</b> <i>200 mg or LESS</i>	<b>FAT</b> <i>5 g or LESS</i>
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## Cold Cereals:

### BARBARA'S BAKERY

- High Fiber and Flax
- High Fiber Cranberry
- High Fiber Original
- Hole 'n Oats\*
- Shredded Spoonfuls Multigrain\*
- Shredded Wheat\*

### CRUNCHFULS

(\*LEGUME – NOT GRAIN)

- Caramel Crunchfuls
- Chocolate Crunchfuls

### GENERAL MILLS

- Cherrios\* (Original)
- Fiber One Caramel Delight
- Fiber One Original
- Wheat Chex\*

### KASHI

- Autumn Wheat
- Bear Naked Triple Berry Crunch Fit
- Black Currant Walnut Original
- Cinnamon Harvest
- Go Lean Cereal
- Go Lean Crisp (All Varieties)
- Go Lean Crunch (All Varieties)
- Good Friends
- Granola Mountain Medley
- Heart to Heart (All Varieties)
- Island Vanilla
- Seven Whole Grain Flakes

### KELLOGG'S

- All-Bran Bran Buds
- All-Bran Original
- Fiber Plus (All Varieties)
- Frosted Mini-Wheats\* (All Varieties)
- Mueslix

### MALT-O-MEAL

- Frosted Mini-Spooners (All Varieties)

### MOM'S BEST NATURALS

- Wheat-fuls (All Varieties)

### NATURE'S PATH

- Flax Plus (All Varieties)
- Heritage Bites
- Heritage Crunch
- Heritage Flakes
- Heritage O's\*
- Kamut Puffs
- Millet Rice
- Multigrain Oat Bran
- Optimum Slim (All Varieties)
- Qi' a
- Smart Bran

### POST

- Banana Nut Crunch
- Cranberry Almond Crunch
- Grape Nuts
- Grape Nut Flakes\*
- Shredded Wheat\* (All Varieties)

### QUAKER

- Oat Bran Squares
- Oatmeal Squares\* (All Varieties)
- Toasted Multigrain Crisps\*

### SUNBELT BAKERY

- Simple Granola

### UNCLE SAM MILLS

- Uncle Sam Cereal (All Varieties)

- Shreddies - **GENERIC/ALL BRANDS**

## Hot Cereals:

### CREAM OF WHEAT

- Healthy Grain Original
- Whole Grain

### MAYPO

- Maltex
- Maypo
- Wheatena

### QUAKER

- High Fiber Instant Oatmeal (All Flavors)
- Instant Oatmeal Organic (Organic and Organic Original)
- Oat Bran
- Old Fashioned Oats
- Quick Oats

- Steel Cut Oats – **ALL VARIETIES**



### Other Good High Fiber Options:

(That do not meet all criteria)

- **Kellogg's Raisin Bran** (Exceeds Sugar Limit)
- **Post Raisin Bran** (Exceeds Sugar Limit)
- **Kellogg's Cracklin' Oat Bran\*** (Exceeds Fat Limit)

### \*Tiny Tot Friendly?

- All cereals marked on this list with an **asterisk** are also great for kids aged 1-5!