

BREAKFAST CEREAL

All cereals on this page contain no more than 6 grams of sugar *per dry ounce*.

Cereals with ★ contain 51% or more whole grain and credit as whole grain-rich.

General Mills

GF = Gluten Free



Cheerios ★ GF MultiGrain Cheerios ★ GF Blueberry Chex GF Cinnamon Chex GF Corn Chex GF Rice Chex GF Vanilla Chex GF Wheat Chex ★ Wheaties ★ Total Whole Grain ★ Berry Berry Kix ★ Honey Kix ★ Kix ★

Kellogg's



All Bran Complete Wheat Flakes ★ Corn Flakes Crispix Frosted Mini-Wheats: Original ★ Little Bites ★ Touch of Fruit Raspberry ★ Rice Krispies Special K Original Special K Protein: Original Honey Almond Ancient Grains ★

Post



Great Grains Banana Nut Crunch ★ Grape-Nuts ★ Grape-Nuts Flakes ★ Honey Bunches of Oats: Honey With Vanilla Whole Grain Pecan & Roasted Almonds Bunches ★ Honey Crunch ★ Maple Brown Sugar

Malt O Meal



Corn Flakes Hot Wheat Original Farina Original

Quaker



Instant Grits Original Instant Oatmeal Original ★ Life Original ★ Oatmeal Squares: Brown Sugar ★ Cinnamon ★



Frosted Mini Spooners ★ Strawberry Cream Mini Spooners ★



Blueberry Mini Spooners ★ Crispy Rice GF

Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes ★
- Corn Flakes
- Corn Squares, Biscuits, Crisps, or Bites
- Crisp Rice/Crispy Rice
- Crispy Hexagons (Corn & Rice)
- Essentially You/Toasted Rice
- Frosted Shredded Wheat/Frosted Wheat ★
- Instant Grits – Original/Regular
- Instant Oatmeal – Original/Regular ★ (11.8 oz)
- Strawberry Frosted Shredded Wheat ★
- MultiGrain Flakes
- MultiGrain Medley, Tasteeos, Spins, or Toasted Cereal ★
- Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat ★
- Oat Crunch/Oat Wise/Oat Squares/Lively Oats
- Oats & More with Almonds/Almonds & Oats
- Oats & More with Honey/Honey & Oats
- Rice Squares, Biscuits, Crisps, or Pockets
- Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O's ★
- Wheat Flakes
- Wheat Squares, Biscuits, or Crisps ★

Cream of Wheat or Rice



Cream of Rice (Crema de Arroz) Stove Top & Instant GF Cream of Wheat: Whole Grain ★ Stove Top & Instant 2½ minute, 1 minute & Instant