



Breakfast Cereal

Make a healthy choice!

In choosing a breakfast cereal, it is important to think about how much fiber, iron, folic acid, sugar and salt the cereal contains. Use this guide to help make healthful breakfast choices!

What to look for on the label:

fiber

- “whole wheat,” “whole grain,” “whole oat flour” or “rolled oats” as the first words on the ingredient list
- at least 2-3 grams of fiber per serving

iron

- approximately 45% or more of the daily value per serving

folic acid

- 100% daily value per serving

salt

- no more than 200 milligrams of sodium per serving

sugar

- no more than 5 grams of sugar per serving
- other names for sugar are corn syrup, high-fructose corn syrup, fructose, sucrose, maltodextrin

Choose more often:

High Fiber

All Bran
Crunchy Corn Bran
Fiber One
Frosted Mini-Wheats
Fruit & Fibre
Quaker Oat Bran
Raisin Bran
Shredded Wheat & Bran

High Iron

Cream of Wheat
Frosted Flakes
Frosted Mini-Wheats
Just Right
Malt-O-Meal
Oatmeal (regular and instant)
Product 19
Quaker Oat Bran
Total

High Folic Acid

All varieties of:
All Bran
Special K
Total
Cheerios
Toasted Oat Squares
Crispix
Complete Bran Flakes

Low Salt

Oat Squares
Total
Cream of Wheat
All Bran
Golden Crisp
Quaker Oat Bran
Oatmeal (non-instant)
Malt-O-Meal
Fiber One
Team Flakes

Low Sugar

Cheerios
Chex (Corn, Wheat, Rice)
Corn Flakes
Crispy Rice
Kix
Product 19
Shredded Wheat & Bran
Total
Wheaties
Hot cereals

You might not find a cereal that is a good choice in every category.

You can increase the **IRON** in cereal by adding:

- dried fruit like raisins, apricots or figs
- almonds and seeds such as sunflower, sesame or pumpkin



You can increase the **FIBER** in cereal by adding:

- wheat germ or oat bran
- fresh fruit like strawberries or blueberries
- dried fruits like apples, apricots or prunes



teaspoons of sugar in breakfast cereals

0 - 1

1½ - 2

2½ - 3

3½ - 4

4+

approximate serving size of cereal = 1 cup

All Bran
 Bran Flakes (Post)
 Cheerios (regular)
 Cheerios (Multigrain)
 Chex (Corn, Rice, Wheat)
 Corn Flakes
 Cream of Wheat
 Crispix
 Crispy Rice
 Fiber One
 Grape Nut Flakes
 Kaboom
 Kix
 Malt-O-Meal
 Natural Bran Flakes
 Oatmeal (except flavored)
 Post Toasties Corn Flakes
 Product 19
 Puffed Kashi, Rice, Wheat
 Rice Krispies
 Shredded Wheat
 Shredded Wheat & Bran
 Team Flakes
 Toasty O's
 Total
 Total Raisin Corn Flakes
 Wheaties
 Wheat Hearts

Complete Bran Flakes
 Crunchy Corn Bran
 Grape Nuts
 Honey Bunches of Oats
 Honey Nut Chex
 Kashi Go Lean
 Life
 NutriGrain
 Oat Squares
 Quaker Oat Bran
 Quaker Oatmeal Squares
 Special K
 Toasted Almond
 Waffle Crisp
 Wheaties Honey Gold

Almond Delight
 AlphaBits
 Apple Cinnamon Crisp
 Banana Nut Crunch
 Basic Four
 Berry Berry Kix
 Cap'n Crunch
 Cheerios (Apple Cinnamon)
 Cheerios (Honey Nut)
 Chex (MultiBran)
 Cocoa Pebbles
 Cookie Crisp
 Corn Pops
 Frosted Chex
 Frosted Flakes
 Frosted Mini-Wheats
 Frosted Rice Krispies
 Golden Grahams
 Great Grains ✕
 Honeycomb
 Honey Crunch Corn Flakes
 Honey Nut Shredded Wheat
 Just Right
 Lucky Charms
 Mueslix Golden Crunch ✕
 Peanut Butter Toast Crunch
 Raisin Squares
 Sugar Puffs
 Shredded Wheat Squares
 Team Cheerios

Apple Jacks
 Clusters
 Cocoa Puffs
 Corn Pops
 French Toast Crunch
 Froot Loops
 Fruit & Fibre
 Fruity Pebbles
 Golden Crisp
 Golden Puffs
 Granola ✕
 Honey Nut Clusters
 Mini-Wheats Raisin
 Mueslix ✕
 Nut & Honey Crunch ✕
 Oatmeal (flavored)
 Oreo O's
 Post 100% Bran
 Quaker 100% Natural ✕
 Raisin Nut Bran ✕
 Reese's Puffs
 Rice Krispies Treats
 Smacks
 Smart Start
 Tootie-Fruities
 Trix

Cinnamon Toast Crunch
 Cocoa Rice Krispies
 Cracklin' Oat Bran
 Golden Crisp
 Oatmeal Crisp with Raisins
 Raisin Bran
 Raisin Bran Crunch
 Total Raisin Bran

