Cereality Check

Best Bites () have:

- grains that are all or nearly all whole (that is, the first two grain ingredients are whole grains or bran), and
 no more than 5 grams (1 tsp.) of added sugar per serving
- for lighter cereals or 7 grams (1½ tsp.) for heavier cereals, granola, or muesli.

 We disqualified cereals with more than 2 grams of saturated fat per serving, as well as ones sweetened with sucralose. Within

each section, cereals are ranked from least to most added sugar, then most to least fiber and protein, then least to most calories.

| most calones. | | 0 18* 3 0 4 5 | | |
|--|--|--|--|---|
| | Calories | 300p | 5er (g) | 2 5 8 Protein (g) |
| Lighter Cereal—all or nearly all whole grain Fiber One Original (% cup) ^S | າ <i>ປ</i> ື 90 | 0 | 18* | 3 |
| Cheerios (1½ cups) | | | | 5 |
| ✓✓ Trader Joe's Joe's O's (1¾ cups) ✓✓ Cascadian Farm Organic Purely O's (1½ cups) | 160 | 0 | 4 | 5 |
| Whole Foods 365 Organic Brown Rice Crisps (1 cup) | 150 | 0 | 1 | 3 |
| Whole Foods 365 Organic Bran Flakes (1 cup) | 130 | 0.5 | 7 | 5 |
| Nature's Path Organic Crispy Rice (1 cup) Nature's Path Organic Flax Plus Multibran | 150 | 0.5 | 3 | 3 |
| Flakes (1 cup) | 150 | 1 | 7 | 5 |
| Nature's Path Organic Heritage Flakes (1 cup) Nature's Path Organic Millet Rice (1 cup) | 160 | 1 | 7 | 5 5 |
| Wheaties (1 cup) | 130 | 1 | 4 | 3 |
| Total (1 cup) Post Bran Flakes (1 cup) | 140 110 | 1.5 | 7 | 3 4 |
| Whole Foods 365 Organic Wheat Waffles (1 cup) | 140 | 1.5 | 5 | 4 |
| Multi Grain Cheerios with Real Strawberries (1½ cups) | 150 | 1.5 | 3 | 3 |
| Nature's Path Organic Smart Bran (¾ cup) | 110 | 2 | 17* | 4 |
| All-Bran Original (% cup) Multi Grain Cheerios (1% cups) | 120 150 | 2 | 12 3 | <u>5</u> |
| Chocolate Cheerios (1 cup) | 140 | 2.5 | 3 | 3 |
| Very Berry Cheerios (1 cup) | 140 | 2.5 | 3 | 3 |
| All-Bran Buds (½ cup) Trader Joe's Organic High Fiber O's (1 cup) | 110 170 | 3 | 17* 7 | <u>5</u> |
| Honey Nut Cheerios (1 cup) | 140 | 3 | 3 | 3 |
| Apple Cinnamon Cheerios (1 cup) | 150 | 3 | 3 | 3 |
| Lighter Cereal—NOT all whole grain Catalina Crunch (½ cup)¹ | 110 | 0 | 9* | 11 |
| Wonderworks (1 cup) ^{1,F} | 150 | 0 | 4* | 16 |
| Magic Spoon (1 cup) ¹ | 150 | 0 | 1* 2 | 13 |
| Trader Joe's Almond Butter Puffs (1 cup) Special K Original (1¼ cups) | 200 150 | 1 | 1 | <u>6</u> 7 |
| Trader Joe's Strawberry Yogurt O's (¾ cup) | 120 | 1 | 1 | 2 |
| Kellogg's Crispix (1½ cups) Kellogg's Rice Krispies (1½ cups) | 150 150 | 1 | 0 | 3 |
| Kashi Honey Toasted Organic Oat (1 cup) | 150 | 1.5 | 5 | 4 |
| Kashi Warm Cinnamon Organic Oat (1 cup) Barbara's Peanut Butter Puffins (1 cup) | 150 160 | 1.5 2 | 5 2 | 3 |
| Honey Bunches of Oats with Almonds (1 cup) | | 2 | 2 | 3 |
| Special K Red Berries (1¼ cups) Special K Blueberry (1 cup) | 140 150 | 2.5 | 3 | 3 |
| Special K Vanilla & Almond (1 cup) | 150 | 2.5 | 3 | 3 |
| Special K Fruit & Yogurt (1 cup) | 160 | 2.5 | 3 | 3 |
| Honey Nut Chex (1 cup) | 170 | 3 | 2 | 2 |
| | | 3 | ,yar, ∰ | 2 |
| Heavier Cereal—all or nearly all whole gra V Uncle Sam Original Wheat Berry Flakes (% cup) | ories. | 7ed S, | 10 Fiber (Sp.) 7 | Protein (g) |
| Heavier Cereal—all or nearly all whole gra | in F | 400 | Fi ₀ | 40 |
| ✓✓ Uncle Sam Original Wheat Berry Flakes (¾ cup) | 220 | 0 | 10 | 8 |
| Post Original Shredded Wheat (11/3 cups) Post Wheat 'n Bran Shredded Wheat (11/4 cups) | 210 | 0 | 8 | 7 7 |
| Whole Foods 365 Bite-Sized Wheat | | | | |
| Squares (11/4 cups) V Kashi Simply Raisin (30 biscuits) | 230 190 | 0 | 8 7 | 7 |
| Post Big Biscuit Shredded Wheat (2 biscuits) | 170 | 0 | 7 | 6 |
| ✓✓ Grape-Nuts (½ cup) | 200 | 0 | | 6 |
| | 200 | U | 7 | |
| Food for Life Ezekiel 4:9 Organic Sprouted Crunchy (½ cup)¹ | 190 | 0 | 6 | 8 |
| Food for Life Ezekiel 4:9 Organic | | | | 8 5 8 |
| Food for Life Ezekiel 4:9 Organic Sprouted Crunchy (½ cup) Weetabix (3 biscuits) Clif Blueberry & Almond Butter (¾ cup) Clif Apple Cinnamon & Almond Butter (¾ cup) | 190 180 240 240 | 0 0.5 1 | 6 6 8* 8* | 5 8 7 |
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| | | | • | | | |
|----|---|-------|--------------------|------------------|------------------|--------|
| 1 | Bear Naked Peanut Butter Crunch (¾ cup) | 270 | 0 | 5 | 8 | |
| 1 | Bear Naked Triple Berry (½ cup) | 220 | 1 | 6 | 7 | |
| 1 | Bear Naked V'Nilla Almond (½ cup) | 210 | 1.5 | 5 | 6 | |
| 1 | KIND Healthy Grains Dark Chocolate | | | | | |
| | Clusters (¾ cup) | 240 | 1.5 | 4 | 10 | |
| // | KIND Healthy Grains Raspberry (¾ cup) | 230 | 1.5 | 4 | 5 | |
| | Special K Touch of Honey (½ cup) | 190 | 2 | 5* | 6 | |
| | Whole Foods 365 Organic Fruit & Nut (½ cup) | 270 | 2 | 5 | 6 | |
| | Bear Naked Protein Honey Almond (½ cup) | 280 | 2.5 | 5 | 11 | |
| | Bear Naked Fruit & Nut (½ cup) ^F | 270 | 2.5 | 5 | 6 | |
| | KIND Healthy Grains Peanut Butter | | | | | |
| | Clusters (¾ cup) | 260 | 2.5 | 4 | 10 | |
| | KIND Healthy Grains Oats & Honey (¾ cup) | 250 | 2.5 | 4 | 5 | |
| | | on'es | 40000 Sugar | * (G) (G) | P. O. C. | (6) Wa |
| | Granola—NOT all whole grain | Ĩ | 40 | F ₁ 6 | م _ر ٥ | |
| | Cascadian Farm Organic Coconut | | | | | |
| | Cashew (¾ cup) ^F | 330 | 0 | 4 | 5 | |
| | Bear Naked Cacao & Cashew Butter (½ cup) ^F | 250 | 2.5 | 3 | 5 | |
| | Cascadian Farm Organic Fruit and Nut (% cup) | 280 | 3 | 4 | 6 | |
| | | ş | $'s_{u_{g_{a_r}}}$ | (sb) (8) | | 6) |

✓✓ Best Bite. ¹Average of the entire line. *Includes added processed fiber. FContains more than 2 grams of saturated fat. SContains sucralose.
 Protein Target: 85 grams. Daily Values (DVs): Saturated Fat: 20 grams. Fiber: 28 grams. Added Sugar: 12 tsp. (50 grams).

8

8

6

8

6

6 7

8

8

280

250

210

190

260

240

210

0

0

0.5

0.5

Muesli—all or nearly all whole grain

✓✓
Bob's Red Mill Old Country Style (½ cup)

✓✓ Alpen Triple Berry No Sugar Added (¾ cup)

Whole Foods 365 Fruit & Nut (½ cup)

✓✓ Bob's Red Mill Fruit & Seed (½ cup)

Bob's Red Mill Gluten Free (½ cup)

✓✓ Alpen Original (⅔ cup)

✓✓ Alpen No Sugar Added (⅔ cup)

Note: 1 tsp. added sugar is 4.2 grams. Added sugar is rounded to the nearest 0.5 tsp. (Cereals with "0" tsp. contain 0 or 1 gram of added sugar.) Source: company information. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.