

# Grains & Losses



Best Bites are whole-grain and have no added sugar.

Honorable Mentions are whole-grain and get less than 30 percent of their calories from fruit and/or added sugar.

(We counted bran cereals as whole-grain because they provide the nutrients that have been milled out of refined-grain cereals.)

Within each category, cereals are ranked from best to worst—from lowest to highest percent of calories from sugar, then most to least fiber and least to most sodium and calories.

## Hot Whole-Grain Cereals

### Single-Serve Packets (1 packet)

	Calories	Fiber (grams)	Sodium (milligrams)	Sugar (% of calories)
✓✓ Nature's Path Instant Oatmeal, Original	190	4	200	0
✓✓ Quaker Instant Oatmeal, Regular*	100	3	80	0
✓✓ Erewhon Instant Oatmeal with added Oat Bran	130	4	0	3
✓ Arrowhead Mills Instant Oatmeal, flavored <sup>1</sup>	130	4	20	15
✓ Erewhon Instant Oatmeal, flavored <sup>1</sup>	130	3	90	15
✓ Country Choice Naturals Instant Oatmeal, Maple Syrup	170	3	0	21
✓ Nature's Path Instant Oatmeal, Flax 'n Oats	200	4	130	22
✓ Nature's Path Instant Oatmeal, Apple Cinnamon	190	2	110	25
✓ Nature's Path Instant Oatmeal, Maple Nut	200	4	100	26
✓ Quaker Instant Oatmeal, Bananas & Cream*	140	2	170	29
Country Choice Naturals Instant Oatmeal, Apples N' Cinnamon	140	3	30	31
Quaker Instant Oatmeal, Honey Nut*	170	3	240	31
Quaker Instant Oatmeal, Blueberries & Cream*	140	2	170	31
Quaker Instant Oatmeal, Banana Bread*	150	3	290	32
Quaker Instant Oatmeal, Cinnamon Roll, French Vanilla, or Maple & Brown Sugar* <sup>2</sup>	160	3	250	33
Quaker Nutrition for Women* <sup>1</sup>	170	3	310	34
Quaker Instant Oatmeal, Peaches & Cream*	140	2	190	34
Quaker Instant Oatmeal, Strawberries & Cream*	140	2	190	34
Malt-O-Meal Big Bowl Instant Oatmeal* <sup>1</sup>	220	5	330	36
Nature's Path Instant Oatmeal, Multigrain Raisin Spice	180	4	100	36
Quaker Instant Oatmeal, Apples & Cinnamon*	130	3	170	37
Quaker Instant Oatmeal, Baked Apple*	150	3	230	37
Quaker Instant Oatmeal, Raisin, Date & Walnut*	140	2	240	37
Quaker Instant Oatmeal, Cinnamon & Spice*	170	3	250	38
Quaker Instant Oatmeal, Dinosaur Eggs or Treasure Hunt* <sup>2</sup>	180	3	250	41
Quaker Instant Oatmeal, Raisins & Spice*	150	3	240	43

### Single-Serve Cups (1 cup)

	Calories	Fiber (grams)	Sodium (milligrams)	Sugar (% of calories)
✓ Health Valley Instant, except Maple Madness <sup>1</sup>	230	4	230	16
✓ Dr. McDougall's Instant <sup>1</sup>	250	6	150	26
✓ Fantastic Foods, except Maple Raisin 3 Grain <sup>1</sup>	170	5	230	28
Fantastic Foods, Maple Raisin 3 Grain	180	5	240	36
Quaker Instant Oatmeal Express* <sup>1</sup>	200	4	290	36
Health Valley Instant, Maple Madness	240	4	290	37

### Multi-Serve Packages (one serving, uncooked)

✓✓ Old Wessex Oatbran (1/3 cup)	140	7	0	0
✓✓ Roman Meal Original with Oats (1/3 cup)	110	6	0	0
✓✓ Kashi Breakfast Pilaf (1/2 cup)	170	6	15	0
✓✓ Roman Meal Cream of Rye (1/3 cup)	110	5	0	0
✓✓ Mother's or Quaker Multigrain (1/2 cup) <sup>2</sup>	130	5	0	0
✓✓ Arrowhead Mills 7 Grain (1/3 cup)	140	5	0	0
✓✓ Ralston 100% Wheat (1/2 cup)	150	5	0	0
✓✓ Wheatena (1/3 cup)	160	5	0	0
✓✓ Arrowhead Mills Steel Cut Oats (1/4 cup)	170	5	0	0
✓✓ Mother's Whole Wheat (1/2 cup)	130	4	0	0
✓✓ Country Choice Naturals Old Fashioned or Quick Oats (1/2 cup) <sup>2</sup>	150	4	0	0
✓✓ McCann's Fortified Oats* or Steel Cut Irish Oatmeal (1/4 cup) <sup>2</sup>	150	4	0	0
✓✓ Old Wessex Instant or Irish Oatmeal (1/2 cup) <sup>2</sup>	150	4	0	0
✓✓ Old Wessex Scottish Porridge (1/2 cup)	150	4	0	0
✓✓ Lundberg Hot 'n Creamy Rice (1/3 cup)	190	3	0	0
✓✓ Arrowhead Mills Wheat-Free 7 Grain (1/4 cup)	120	2	0	0
✓✓ Arrowhead Mills Rice and Shine (1/4 cup)	150	2	0	0
✓✓ Erewhon Brown Rice Cream (1/4 cup)	170	1	0	0
✓✓ Erewhon Oat Bran with Toasted Wheat Germ (1/3 cup)	170	5	0	2
✓✓ Mother's or Quaker Oat Bran (1/2 cup) <sup>2</sup>	150	6	0	3
✓✓ Mother's Instant or Rolled Oats (1/2 cup) <sup>2</sup>	150	4	0	3
✓✓ Quaker Old Fashioned or Quick Oats (1/2 cup) <sup>2</sup>	150	4	0	3
✓✓ Country Choice Naturals Multigrain (1/2 cup)	130	5	0	6
✓ Lundberg Hot 'n Creamy Rice, flavored (1/3 cup) <sup>1</sup>	200	4	0	24
✓ Roman Meal Hearty, flavored (1/3 cup) <sup>1</sup>	130	3	5	26

### Hot Refined Cereals (one serving, uncooked)

Quaker Instant Grits, Original (1/2 cup)	140	2	460	0
Nabisco Cream of Rice (1/4 cup)	170	0	0	0
Malt-O-Meal Hot Wheat, flavored (3 Tbs.)* <sup>1</sup>	120	1	0	30
Nabisco Cream of Wheat, Instant, flavored (1 packet)* <sup>1</sup>	130	1	170	42

✓✓ Best Bite. ✓ Honorable Mention. \* Fortified with vitamins and minerals. <sup>1</sup> Average of the entire line. <sup>2</sup> Average of the products listed.

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Source: Manufacturers.