

Cereality Check

Best Bites (✓✓) have:

- 1) grains that are all or nearly all whole (that is, the first two grain ingredients are whole grains or bran), and
- 2) 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.

Lighter Cereal—all or nearly all whole grain	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
Fiber One Original (¾ cup) ^S	90	0	18*	3
✓✓ Cheerios (1½ cups)	140	0	4	5
✓✓ Trader Joe's Joe's O's (1¾ cups)	160	0	4	5
✓✓ Cascadian Farm Organic Purely O's (1½ cups)	140	0	4	4
✓✓ 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)	150	0.5	3	3
✓✓ Nature's Path Organic Flax Plus Multigrain Flakes (1 cup)	150	1	7	5
✓✓ Nature's Path Organic Heritage Flakes (1 cup)	160	1	7	5
✓✓ Nature's Path Organic Millet Rice (1 cup)	160	1	4	5
✓✓ Wheaties (1 cup)	130	1	4	3
✓✓ Total (1 cup)	140	1	4	3
Post Bran Flakes (1 cup)	110	1.5	7	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 (¾ cup)	120	2	12	5
Multi Grain Cheerios (1½ cups)	150	2	3	3
Chocolate Cheerios (1 cup)	140	2.5	3	3
Very Berry Cheerios (1 cup)	140	2.5	3	3
All-Bran Buds (½ cup)	110	3	17*	5
Trader Joe's Organic High Fiber O's (1 cup)	170	3	7	6
Honey Nut Cheerios (1 cup)	140	3	3	3
Apple Cinnamon Cheerios (1 cup)	150	3	3	3

Lighter Cereal—NOT all whole grain	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
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*	13
Trader Joe's Almond Butter Puffs (1 cup)	200	1	2	6
Special K Original (1¼ cups)	150	1	1	7
Trader Joe's Strawberry Yogurt O's (¾ cup)	120	1	1	2
Kellogg's Crispix (1½ cups)	150	1	0	3
Kellogg's Rice Krispies (1½ cups)	150	1	0	3
Kashi Honey Toasted Organic Oat (1 cup)	150	1.5	5	4
Kashi Warm Cinnamon Organic Oat (1 cup)	150	1.5	5	4
Barbara's Peanut Butter Puffins (1 cup)	160	2	2	3
Honey Bunches of Oats with Almonds (1 cup)	170	2	2	3
Special K Red Berries (1¼ cups)	140	2.5	3	3
Special K Blueberry (1 cup)	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

Heavier Cereal—all or nearly all whole grain	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
✓✓ Uncle Sam Original Wheat Berry Flakes (¾ cup)	220	0	10	8
✓✓ Post Original Shredded Wheat (1½ cups)	210	0	8	7
✓✓ Post Wheat 'n Bran Shredded Wheat (1½ cups)	210	0	8	7
✓✓ Whole Foods 365 Bite-Sized Wheat Squares (1¼ cups)	230	0	8	7
✓✓ Kashi Simply Raisin (30 biscuits)	190	0	7	7
✓✓ Post Big Biscuit Shredded Wheat (2 biscuits)	170	0	7	6
✓✓ Grape-Nuts (½ cup)	200	0	7	6
✓✓ Food for Life Ezekiel 4:9 Organic Sprouted Crunchy (½ cup) ¹	190	0	6	8
✓✓ Weetabix (3 biscuits)	180	0.5	6	5
✓✓ Clif Blueberry & Almond Butter (¾ cup)	240	1	8*	8
✓✓ Clif Apple Cinnamon & Almond Butter (¾ cup)	240	1	8*	7
✓✓ Clif Honey & Peanut Butter (¾ cup)	250	1	7*	8
✓✓ Great Grains Crunchy Pecan (¾ cup)	210	1	5	5
✓✓ Great Grains Raisins, Dates & Pecans (¾ cup)	200	1	4	4
✓✓ Nature's Path Organic Multigrain Oat Bran Flakes (1¼ cups)	220	1.5	10	6
✓✓ Nature's Path Organic Flax Plus Raisin Bran (1¼ cups)	210	1.5	9	6
✓✓ Clif Chocolate & Peanut Butter (¾ cup)	240	1.5	8*	8
✓✓ Wheat Chex (1 cup)	210	1.5	8	6
✓✓ Nature's Path Organic Flax Plus Pumpkin Raisin Crunch (1 cup)	230	1.5	8	6
✓✓ Kashi Organic Autumn Wheat (32 biscuits)	200	1.5	7	7
✓✓ Cascadian Farm Organic Raisin Bran (1¼ cups)	210	1.5	7	5
Kashi GO Coconut Almond Crunch (¾ cup) ^F	210	1.5	6*	10
✓✓ Nature's Path Organic Heritage O's (1 cup)	220	1.5	6	7
✓✓ Nature's Path Organic Heritage Crunch (¾ cup)	230	1.5	6*	6
KIND Honey Almond (¾ cup) ^F	250	1.5	4	6
✓✓ KIND Apple Cinnamon (¾ cup)	220	1.5	4	5
Post Raisin Bran (1¼ cups)	190	2	9	5
Whole Foods 365 Raisin Bran (1 cup)	170	2	8	5
Kashi Organic Cinnamon Harvest (31 biscuits)	200	2	7	7
Kellogg's Raisin Bran (1 cup)	190	2	7	5
Kashi GO Chocolate Crunch (¾ cup)	210	2	6*	10
Kashi GO Peanut Butter Crunch (¾ cup)	220	2	6*	10
Quaker Oatmeal Squares (1 cup) ¹	210	2	5	6
Great Grains Banana Nut Crunch (1 cup)	230	2	5	6
Rx Strawberry (1½ cups)	250	2	4	11
KIND Cranberry Almond (¾ cup)	230	2	4	6
KIND Dark Chocolate Almond (¾ cup)	240	2	4	6
Kashi GO Crunch (¾ cup)	190	2.5	9*	9
Kashi GO Honey Almond Flax Crunch (¾ cup)	200	2.5	8*	9
Rx Chocolate Almond (1¼ cups)	270	2.5	4	12
KIND Protein (¾ cup) ¹	230	2.5	3	10
Whole Foods 365 Honey Almond Flax Protein & Fiber Crunch (¾ cup)	220	3	9*	10
Frosted Mini Wheats Original (25 biscuits)	210	3	6	5
Great Grains Cranberry Almond Crunch (1 cup)	210	3	4	5
Cracklin' Oat Bran (¾ cup) ^F	230	3.5	7	4
Cheerios Oat Crunch Cinnamon (1 cup)	220	3.5	3	4

Heavier Cereal—NOT all whole grain	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
Cascadian Farm Organic Vanilla Crisp (1¼ cups) ^F	270	0	5	5
Kashi GO Original (1¼ cups)	200	1.5	12	11
Special K Protein Honey Almond Ancient Grains (1½ cups)	220	2	6	15
Special K Protein Original Multi-Grain Touch of Cinnamon (1½ cups)	210	2	5	15
Cascadian Farm Organic Multi Grain Squares (1¼ cups)	260	2	5	6
Kellogg's Raisin Bran Toasted Oats & Honey (1 cup)	200	3	5	4
Kellogg's Raisin Bran Crunch (1 cup)	190	3	4	4
Special K Chocolatey Dipped Flakes with Almonds (1¼ cups)	240	4	4	5
Smart Start Original Antioxidants (1¼ cups)	240	4.5	3	5

Granola—all or nearly all whole grain	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
✓✓ Bear Naked Peanut Butter Crunch (¾ cup)	270	0	5	8
✓✓ Bear Naked Triple Berry (½ cup)	220	1	6	7
✓✓ Bear Naked V'Nilla Almond (½ cup)	210	1.5	5	6
✓✓ 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

Granola—NOT all whole grain	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
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 (¾ cup)	280	3	4	6

Muesli—all or nearly all whole grain	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
✓✓ Bob's Red Mill Old Country Style (½ cup)	280	0	8	8
✓✓ Whole Foods 365 Fruit & Nut (½ cup)	250	0	8	7
✓✓ Alpen No Sugar Added (¾ cup)	210	0	7	8
✓✓ Alpen Triple Berry No Sugar Added (¾ cup)	190	0	7	6
✓✓ Bob's Red Mill Fruit & Seed (½ cup)	260	0.5	6	8
✓✓ Bob's Red Mill Gluten Free (½ cup)	240	0.5	6	6
✓✓ Alpen Original (¾ cup)	210	1	6	7

✓✓ Best Bite. ¹ Average of the entire line. * Includes added processed fiber. ^F Contains more than 2 grams of saturated fat. ^S Contains sucralose.

Protein Target: 85 grams. **Daily Values (DVs): Saturated Fat:** 20 grams. **Fiber:** 28 grams. **Added Sugar:** 12 tsp. (50 grams).

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.)

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