

# Cereal Numbers

**Best Bites (✓✓)** have:

- 1) all or nearly all whole grains,
- 2) no more than 5 grams (1 tsp.) of total sugars per serving for lighter cereals or 9 grams (2 tsp.) for heavier cereals, granola, and muesli,
- 3) no acesulfame potassium, sucralose, or aspartame, and
- 4) no more than 2 grams of saturated fat per serving.

We waived the sugar limit if fruit came before an added sugar in the ingredients list. Within each section, cereals are ranked from least to most sugar, then most to least fiber and protein, then least to most calories.

## Lighter Cereals

	Calories	Total Sugars (tsp.)	Fiber (g)	Protein (g)
General Mills Fiber One Original (½ cup)	60	0 <sup>S</sup>	14*	2
✓✓ Kashi 7 Whole Grain Puffs (1½ cups)	150	0	4	5
✓✓ Cascadian Farm Organic Purely O's (1½ cups)	140	0	4	4
✓✓ General Mills Cheerios (1 cup)	100	0	3	3
Magic Spoon (¾ cup) <sup>1,F</sup>	110	0	2*	12
✓✓ The Cereal School (¾ cup) <sup>1</sup>	100	0	1*	16
✓✓ Barbara's Organic Brown Rice Crisps (1½ cups)	150	0	1	3
✓✓ 365 (Whole Foods) Organic Brown Rice Crisps (1 cup)	110	0	1	2
✓✓ 365 (Whole Foods) Organic Bran Flakes (¾ cup)	100	0.5	5	4
✓✓ Nature's Path Organic Heritage O's (½ cup)	120	0.5	3	4
General Mills Corn Chex (1 cup)	120	0.5	2	2
Kellogg's Corn Flakes (1 cup)	100	0.5	1	2
General Mills Rice Chex (1 cup)	110	0.5	1	2
✓✓ 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
✓✓ Barbara's Multigrain Spoonfuls (¾ cup)	120	1	4*	3
✓✓ Nature's Path Organic Flax Plus Cinnamon Flakes (¾ cup)	120	1	4	3
✓✓ 365 (Whole Foods) Organic Wheat Waffles (¾ cup)	100	1	3	3
✓✓ General Mills Wheaties (¾ cup)	100	1	3	2
✓✓ Barbara's Honey Rice Puffins (¾ cup)	110	1	3*	2
✓✓ General Mills Total (¾ cup)	110	1	3	2
Kellogg's Special K Original (1¼ cups)	150	1	1	7
Kellogg's All-Bran Original (½ cup)	80	1.5	10	4
Post Bran Flakes (1 cup)	110	1.5	7	4
General Mills Multi Grain Cheerios (1 cup)	110	1.5	3	2
Post Honey Bunches of Oats Honey Roasted (¾ cup)	120	1.5	2	2
General Mills Blueberry Chex (¾ cup)	130	1.5	1	1
Kellogg's All-Bran Buds (⅓ cup)	80	2	11*	3
Barbara's Peanut Butter Puffins (1 cup)	160	2	2	4
General Mills Blueberry Cheerios (¾ cup)	110	2	2	2
General Mills Honey Nut Cheerios (¾ cup)	110	2	2	2
GoodBelly Probiotics Peanut Butter Crunch (1¼ cups)	170	2.5	4	4
Kellogg's Special K Red Berries (1¼ cups)	140	2.5	3	3
Kellogg's Special K Probiotics Berries & Peaches (1 cup)	160	3	3	3
Kellogg's Special K Chocolatey Delight (1 cup) <sup>F</sup>	170	3	3	3

## Heavier Cereals

	Calories	Total Sugars (tsp.)	Fiber (g)	Protein (g)
✓✓ Catalina Crunch (¾ cup) <sup>1</sup>	180	0	13*	19
✓✓ Post Shredded Wheat 'n Bran (1½ cups)	210	0	8	7
✓✓ Post Shredded Wheat Spoon Size (1½ cups)	210	0	8	7
✓✓ Post Shredded Wheat Big Biscuit (2 biscuits)	170	0	7	6
✓✓ 365 (Whole Foods) Wheat Squares (1¼ cups)	220	0	5	7
✓✓ Post Grape-Nuts Original (½ cup)	200	1	7	6
✓✓ General Mills Wheat Chex (¾ cup)	160	1	6	5
✓✓ Nature's Path Organic Qi'a Honey Chia Superflakes (1 cup)	220	1.5	7	5
✓✓ Nature's Path Organic Qi'a Coconut Chia Superflakes (1 cup)	230	1.5	7	5
✓✓ Nature's Path Organic Heritage Crunch (¾ cup)	230	1.5	6*	6
✓✓ Kashi GO Original (1¼ cups)	180	2	13*	12
General Mills Fiber One Honey Clusters (1 cup)	170	2 <sup>S</sup>	10	4
✓✓ Kashi GO Cinnamon Crisp (¾ cup)	180	2	9*	11
Happy Inside Coconut Crunch (1 cup) <sup>F</sup>	250	2	9*	5
✓✓ Happy Inside Bold Blueberry (1 cup)	210	2	9*	4
✓✓ Happy Inside Simply Strawberry (1 cup)	210	2	8*	5
✓✓ Kashi—Autumn Wheat, Berry Fruitful, Cinnamon Harvest, Dark Cocoa Karma, or Island Vanilla (29–34 biscuits) <sup>1</sup>	200	2	7	7
✓✓ Kashi Organic Sprouted Grains (1¼ cups)	190	2	6	6
Kellogg's Special K Protein Original (1½ cups)	210	2	5	15
✓✓ Kashi GO Maple Brown Sugar Flakes & Clusters (1 cup)	200	2	5	10
✓✓ Quaker Oatmeal Squares Cinnamon (1 cup)	210	2	5	6
✓✓ Post Great Grains Crunchy Pecan (¾ cup)	210	2	5	5
Kellogg's Special K Protein Honey Almond Ancient Grains (1½ cups)	230	2	4	15
Kashi GO Chocolate Crunch (¾ cup)	210	2.5	9	10
Post Great Grains Banana Nut Crunch (1 cup)	230	2.5	7	6
Kashi GO Peanut Butter Crunch (¾ cup)	230	2.5	6	10
✓✓ Nature's Path Organic Flax Plus Raisin Bran (1¼ cups)	210	3	9	6
General Mills Fiber One Strawberries & Vanilla Clusters (1 cup)	190	3	9*	4
Kashi GO Crunch (¾ cup)	190	3	8*	9
Kashi GO Honey Almond Flax Crunch (¾ cup)	200	3	8*	9
✓✓ Nature's Path Organic Flax Plus Pumpkin Raisin Crunch (1 cup)	230	3	8	6
Post Great Grains Cranberry Almond Crunch (1 cup)	210	3	5	5
Post Honey Bunches of Oats Whole Grain (1 cup) <sup>1</sup>	230	3	5	5
✓✓ Post Great Grains Raisins, Dates & Pecans (¾ cup)	200	3	5	4
✓✓ 365 (Whole Foods) Organic Raisin Bran (1 cup)	180	3.5	6	4
General Mills Cheerios Oat Crunch (1 cup)	200	3.5	4	3
✓✓ Kellogg's Raisin Bran (1 cup)	190	4	7	5
✓✓ Cascadian Farm Organic Raisin Bran (1¼ cups)	210	4	7*	5
Kellogg's Cracklin' Oat Bran (¾ cup) <sup>F</sup>	230	4	7	4
Post Honey Bunches of Oats with Almonds (¾ cup)	270	4	4	5
Post Great Grains Blueberry Morning (1 cup)	220	4	4	4
Kellogg's Raisin Bran Crunch (1 cup)	190	4.5	4	4
Kellogg's Smart Start (1¼ cups)	240	4.5	3	5
✓✓ Post Raisin Bran (1¼ cups)	190	5	9	5

## Granola

	Calories	Total Sugars (tsp.)	Fiber (g)	Protein (g)
✓✓ KIND Raspberry Clusters (½ cup)	190	1	3	4
✓✓ Bear Naked Fit (½ cup) <sup>1</sup>	210	1.5	6	6
✓✓ KIND Dark Chocolate Clusters (⅔ cup)	240	1.5	4	10
✓✓ KIND Vanilla Blueberry Clusters (½ cup)	190	2	7*	5
✓✓ KIND Cinnamon Oat Clusters (½ cup)	190	2	7*	4
✓✓ Bob's Red Mill Cinnamon Raisin (½ cup)	220	2	5	5
Nature's Path Organic Grain Free (1 cup) <sup>1,F</sup>	360	2	4	11
Effi Probiotic Chickpea (⅔ cup) <sup>1,F</sup>	310	2	4	10
✓✓ Nature's Path Organic Peanut Butter (½ cup)	260	2	4	7
Purely Elizabeth Probiotic (⅔ cup) <sup>1,F</sup>	270	2.5	5*	6
KIND Peanut Butter Clusters (⅔ cup)	260	2.5	4	10
Purely Elizabeth Grain-Free (⅔ cup) <sup>1,F</sup>	330	2.5	4	10
CLIF Energy (⅔ cup) <sup>1</sup>	250	2.5	4	8
KIND Maple Quinoa Clusters (½ cup)	190	2.5	4	4
KIND Almond Butter Clusters (⅔ cup)	250	2.5	3	10
Bear Naked Grain Free (½ cup) <sup>1,F</sup>	340	3	6	8
Purely Elizabeth Nut Butter (⅔ cup) <sup>1,F</sup>	270	3	6	7
Bear Naked Original Cinnamon (½ cup)	260	3	5	11
Cascadian Farm Organic Dark Chocolate Almond (⅔ cup)	260	3	5	6
Purely Elizabeth Ancient Grain (⅔ cup) <sup>1,F</sup>	280	3	4	6
Quaker Simply (½ cup) <sup>1</sup>	210	3	4*	5
Quaker Real Medleys Supergrains (½ cup) <sup>1</sup>	230	3	4	5
Nature Valley Peanut Butter (½ cup)	230	3	3*	6
Cascadian Farm Organic Fruit & Nut (⅔ cup)	270	3.5	4	6
Cascadian Farm Organic Cinnamon Raisin (⅔ cup)	250	3.5	4	5
Post Honey Bunches of Oats (½–¾ cup) <sup>1</sup>	270	3.5	4	5
Nature Valley Protein (½–¾ cup) <sup>1</sup>	230	3.5	3	11
Nature Valley Fruit & Nut (½ cup)	200	3.5	3	4

## Muesli

	Calories	Total Sugars (tsp.)	Fiber (g)	Protein (g)
✓✓ Alpen No Sugar Added (⅔ cup)	210	1.5	7	8
✓✓ Bob's Red Mill Fruit & Seed (½ cup)	260	1.5	6	10
✓✓ Alpen Original (⅔ cup)	210	2	6	7
✓✓ Bob's Red Mill Gluten Free (½ cup)	240	2	6	6
✓✓ Bob's Red Mill Old Country Style (½ cup)	280	2.5	8	8
✓✓ 365 (Whole Foods) Fruit & Nut (½ cup)	250	2.5	8	7

✓✓ Best Bite. <sup>S</sup> Contains acesulfame potassium and/or sucralose. \* Includes added processed fiber. <sup>1</sup> Average of the entire line or the varieties listed. <sup>F</sup> Contains at least 2.5 grams of saturated fat.

**Protein Daily Target:** 85 grams.

**Daily Values (DV): Saturated Fat:** 20 grams. **Fiber:** 28 grams.

Note: To convert teaspoons of sugar to grams, multiply by 4.2.

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