


Hot Stuff

Best Bites (✓✓) are all—or nearly all—whole grain (we counted bran as whole), contain no added sugars, have no more than 100 milligrams of sodium per serving, and are free of sucralose and acesulfame potassium. They also have no more than 3 grams of saturated fat (not shown). **Honorable Mentions** (✓) can contain more sodium and up to 1½ teaspoons of total sugars. Cereals are ranked from least to most total sugars, then most to least fiber, most to least protein, and least to most calories.

	Calories	Total Sugars (tsp.)	Fiber (g)	Protein (g)
Multi-Serve (about ½ to 1 cup cooked)				
✓✓ Bob's Red Mill Organic High Fiber (45 g)	150	0	10	8
✓✓ Oat bran, any brand (40 g)	100	0	6	7
✓✓ Hodgson Mill Hearty Multi Grain (40 g)	150	0	6	7
✓✓ Bob's Red Mill 7 Grain (41 g)	140	0	6	6
✓✓ Wheatena (40 g)	150	0	6	4
✓✓ Purely Elizabeth Superfood Oats—except Cranberry Pumpkin Seed (40 g) ^{1,G}	160	0	5	7
✓✓ Earnest Eats Superfood Oatmeal Cocoa Cashews Pepitas (42 g) ^G	190	0	5	7
✓✓ Hodgson Mill Cracked Wheat (40 g)	130	0	5	6
✓✓ Bob's Red Mill Organic 6 Grain (40 g)	140	0	5	6
✓✓ Bob's Red Mill 5 Grain (35 g)	120	0	5	5
✓✓ Hodgson Mill Bulgur Wheat (40 g)	140	0	5	5
✓✓ Quaker Simple & Wholesome Organic Multigrain (40 g)	140	0	4	5
✓✓ Oats, plain, any brand or type (40 g)	150	0	4	5
✓✓ Bob's Red Mill 8 Grain (41 g) ^G	150	0	3	5
✓✓ Engine 2 Organic Rip's Power-Up Bowl Original (40 g) ^G	160	0	3	5
✓✓ Cream of Wheat Whole Grain 2½ Minute (33 g)	110	0	3	4
✓✓ Arrowhead Mills Organic Quinoa Rice & Shine (42 g) ^G	150	0	2	4
✓✓ Trader Joe's Organic Rice & Quinoa (42 g) ^G	150	0	2	4
✓✓ Arrowhead Mills Organic Rice & Shine (42 g) ^G	150	0	2	3
✓✓ Bob's Red Mill Brown Rice Farina (41 g) ^G	150	0	2	3
Cream of Wheat 2½ Minute (33 g)	110	0	1	4
Quaker Old Fashioned Grits (41 g)	150	0	1	4
✓✓ Bob's Red Mill Organic Creamy Buckwheat (41 g) ^G	140	0	1	3
Cream of Rice (45 g) ^G	160	0	0	2
✓ Purely Elizabeth Superfood Oats Cranberry Pumpkin Seed (40 g) ^G	160	0.5	5	7
✓ Earnest Eats Superfood Oatmeal—except Cocoa Cashews Pepitas (42 g) ^{1,G}	180	0.5	5	6
✓✓ Engine 2 Organic Rip's Power-Up Bowl Double Berry (40 g) ^G	160	0.5	5	5
✓ Bob's Red Mill Fruit & Seed Muesli (32 g)	130	0.5	3	5
✓✓ Quaker Raisin Date Almond Muesli (54 g)	210	1	5	7
✓✓ Bob's Red Mill Old Country Style Muesli (35 g)	140	1	4	4
✓ Bob's Red Mill Tropical Muesli (28 g) ^G	120	1	3	3
Single-Serve (1 package, oatmeal, unless noted)				
✓✓ Nature's Path Organic Original Instant (50 g)	190	0	6	8
✓✓ Quaker Overnight Oats Unsweetened with Chia Seeds (50 g)	190	0	6	6
✓ Cream of Wheat Whole Grain Instant (45 g)	150	0	5	6
✓✓ Nature's Path Organic Qi'a Superfood Cinnamon Pumpkin Seed (38 g) ^G	150	0	5 ^F	6
✓✓ Dr. McDougall's Organic Superfood (37 g) ^{1,G}	150	0	5	5
✓✓ Nature's Path Organic Qi'a Superfood Superseeds & Grains (38 g) ^G	150	0	4	6
✓✓ Nature's Path Organic Homestyle Instant (40 g) ^G	170	0	4	6
✓✓ Trader Joe's Unsweetened Instant (40 g) ^G	160	0	4	5
✓✓ Quaker Original Instant (28 g)	100	0	3	4
✓✓ Arrowhead Mills Organic Quinoa & Oat Instant (28 g) ^G	110	0	3	4
✓✓ Umpqua Oats Not Guilty Blueberry Apple Unsweetened (62 g)	250	0.5	8	9
✓ Trader Joe's Strawberry Raspberry cup (57 g)	220	1	6	9
✓ Purely Elizabeth Superfood Oats with granola (57 g) ^{1,G}	240	1	6	9
✓ Wild Friends Oats and Nut Butter cups (76 g) ¹	350	1	3	12
Quaker High Fiber Instant (45 g)	160	1.5 ^S	10 ^F	4
✓ Purely Elizabeth Vibrant Oats Raspberry Pitaya (57 g) ^G	230	1.5	7	9
✓ Trader Joe's Tart Cherry, Chia & Pumpkin Seed cup (57 g)	230	1.5	6	9
✓ Think Thin Protein & Fiber Original Sprouted Grains (54 g)	200	1.5	5 ^F	10
✓ Quaker Simple & Wholesome Organic Multigrain Date & Almond (45 g)	170	1.5	4	5
✓ Dr. McDougall's Organic Lower Sugar Maple Brown Sugar Instant (38 g)	140	1.5	3	4
✓ Quaker 50% Less Sugar Instant (39 g) ¹	160	1.5	3	4
Quaker Peanut Butter & Banana Instant (44 g)	170	2	4	6
Quaker Peanut Butter & Honey Instant (44 g)	170	2	4	5
Think Thin Protein & Probiotics (55 g) ^{1,G}	200	2.5	6 ^F	10
Earnest Eats Protein Probiotic Coconut Warrior (71 g) ^G	310	2.5	5	15
Bakery on Main Organic Oats & Happiness with Probiotic Cultures (54 g) ^{1,G}	220	2.5	5 ^F	7
Nature's Path Organic Flax Plus Instant (50 g)	210	2.5	5	6
Nature's Path Organic Maple Nut Instant (50 g)	210	2.5	4	5
Quaker Instant with Antioxidants (46 g) ¹	170	2.5	4	4
Quaker Steel Cut Quick 3-Minute (47 g) ¹	180	2.5	3	4
Quaker Blueberries & Cream Instant (35 g)	130	2.5	2	3
Quaker Protein Instant (62 g) ¹	240	3	5	10
Quaker SuperGrains Instant (57 g) ¹	210	3	5 ^F	7
Quaker Maple & Brown Sugar Instant (43 g)	160	3	3	4
Quaker Strawberries & Cream Instant (35 g)	130	3	2	3
Dr. McDougall's Stay Full Organic (71 g) ¹	300	3.5	9 ^F	8
Quaker Overnight Oats—except Unsweetened with Chia Seeds (71 g) ¹	280	3.5	6	7
Nature's Path Organic Apple Cinnamon Instant (50 g)	210	3.5	4	5
Quaker Real Medleys (69 g) ¹	270	4	5	7

✓✓ Best Bite. ✓ Honorable Mention. ¹ Average of the entire line or the varieties listed. ^G Gluten-free. ^F Number includes added processed fiber. ^S Contains sucralose.  Contains more than 100 mg of sodium.

Daily Values (for a 2,000-calorie diet): **Added Sugars:** 50 grams (12 tsp.). **Fiber:** 28 grams. **Sodium:** 2,300 mg. **Protein Daily Target:** 85 grams.

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