



Children's Hospital Boston

Crunch Your Way to Better Health **Healthy Breakfast Cereals**

Healthy cereal that is tasty can be found! If you're wondering if your cereal meets the cut, compare the label on the box to the standards listed below. If your favorite cereal doesn't make the cut, try using less of it and mixing it with some of one of the healthiest cereals below. We've come up with three lists of cereals based on the following healthy criteria: amounts of calories, sodium, carbohydrates, trans fat, and fiber:

- **"Healthiest Choice"** Cereals
- **"Sweet, High Fiber"** Cereals
- **"Better than Most"** Cereals

Healthiest Choice Cereals

At least 4 out of 5 of the following criteria are met:

- Low Calorie 160 or less per serving
- Low Sodium 200mg or less per serving
- Low Carbohydrate 25g or less per serving
- Trans Fat Free
- High Fiber 3g. or more per serving

If all 5 criteria aren't met, the one it did not meet is in parentheses next to the name of the cereal. If a cereal has extra high fiber content (6 or more grams), that is also mentioned in parentheses.

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| ▪ Arrowhead Mills Nature O's | ▪ Kashi Heart to Heart |
| ▪ Back to Nature Hi-Lo | ▪ Kashi Medley (low fiber) |
| ▪ Barbara's Crispy Wheats (sugar) | ▪ Kashi Puffed (low fiber) |
| ▪ Barbara's Grain zs | ▪ Kellogg's All Bran (sugar)(extra fib) |
| ▪ Barbara's Shredded Spoonfuls | ▪ Kellogg's Bran Buds(sugar)(extra fib) |
| ▪ Barbara's Soy Essence | ▪ Lifestream Flax Plus |
| ▪ Cream of Wheat (low fiber) | ▪ Mother's Toasted Oat Bran |
| ▪ Erewhon Instant Oatmeal | ▪ Nature's Path Heritage Bites (sugar) |
| ▪ GM Fiber One (extra fiber) | ▪ Nature's Path Heritage O's |
| ▪ GM Cheerios | ▪ Nature's Path Oaty Bites - Organic |
| ▪ GM Multigrain Cheerios | ▪ Nature's Path Optimum Slim(extra fib) |
| ▪ GM Total Whole Grain | ▪ New Morning Oaties |
| ▪ Grainfields Toasted Oats (low fiber) | ▪ Nutlettes Soy Cereal |
| ▪ Grapenut Flakes (trans) | ▪ Post Shredded Wheat N' Bran (extra fib) |
| ▪ Health Valley Blue Corn Flakes | ▪ President's Choice Ancient Grains |
| ▪ Health Valley Healthy Crunches & Flakes | ▪ Quaker Oats Old Fashioned Oatmeal |
| ▪ Health Valley Organic 7-Multigrain Flakes | ▪ Shredded Wheat |
| ▪ Kamut | ▪ Trader Joes Apple Cinn. More & Less |
| ▪ Kashi to Good Friends (sugar)(extra fib) | ▪ Uncle Sam Cereal (extra fiber) |
| ▪ Kashi Breakfast Pilaf (calories)(extra fib) | ▪ Wheatena |
| ▪ Kashi Go Lean (sugar)(extra fib) | ▪ Wheatabix |

Sweet, High Fiber Cereals

- High Fiber 3g or more per serving
- Greater than 26g of carbohydrates per serving

Recommended for those who need fiber and aren't as concerned about carbohydrate intake, their weight or their triglyceride level:

- Barbara's Bite Size Shredded Oats Crunch
- Barbara's Shredded Oats Vanilla Almond
- GM Honey Nut Clusters
- GM Multi-Bran Chex
- GM Oatmeal Crisp Raisin
- GM Oatmeal Crisp Triple berry
- GM Wheat Chex
- Healthy Valley LF Granola
- Kashi Go Lean Crunch
- Kellogg's Frosted Mini-Wheats
- Post Frosted Shredded Wheat
- Trader Joes Organic Golden Flax Cereal
- Trader Joes Organic Morning Lite
- Trader Joes Very Berry Clusters

Better Than Most Cereals

- Fiber 2g
- Total Carbohydrates 26 g or less

The following cereals are better than most cereals:

- Barbara's Cocoa Crunch Stars
- Barbara's Honey Crunch Stars
- Barbara's Puffins Peanut butter
- Cascadian Farm Multi Grain Squares
- Cascadian Farm Honey Nut O's
- GM Berry Burst Cheerios Strawberry