

A white pitcher is pouring milk into a white bowl. The bowl contains cereal, blueberries, and a small amount of milk. The background is a light blue gradient.

2014-15

**DietDetective.com  
Cereal Investigation  
with Health Rankings for 301 Cereals**

**Survey Provides Health Rankings for 301 Cereals, Top 10 Highest  
Ranked Cereals, Top 10 Most Sugared Cereals Top 10 Most Sodium**

# DietDetective.com Cereal Investigation with Health Rankings 2014-15

*Survey Provides Health Rankings for 301 Cereals Based on 19 Criteria*

Nearly all the research shows that eating a good breakfast is critical to a healthy lifestyle. Skipping this important meal only ensures that you'll be hungrier when lunch rolls around. According to a study reported in the American Journal of Epidemiology, people who skip breakfast are 4.5 times more likely to be overweight than those who don't. Even when experts are faced with the question, "Is it better to eat nothing at all for breakfast or something not so healthy," the response is typically, "Eat something."

That all sounds splendid, but in the meantime your cellphone is ringing, and you're trying to get the kids to school, all while making a mad dash to work. According to market research firm NPD Group Inc. (as reported in The Wall Street Journal), most people have about 12 minutes in the morning to eat breakfast, and grab-and-go fare or a quick bowl of cereal are the most popular choices. Even though cereal consumption is falling due to increased awareness of carb weight gain and increased competition from fast-food outlets, cereal bars and yogurts, it's still a very popular breakfast food. And, often times, it is the only quick option.

That said, when you go to the supermarket, the number of cereals to choose from can be overwhelming, especially when you're trying to figure out which is the healthiest. Does it have whole wheat? Does it have too much sugar? What about the sodium? What about the fiber? These are just some of the many questions you might have about the cereals you eat for breakfast every morning.

Cereal is still in more than 90 percent of U.S. households, with more than 2 billion boxes sold during a 52-week period ending in August 2011. And according to market research company Mintel, 93 percent of respondents stated that they consume ready-to-eat cereals.

DietDetective.com evaluated 301 cereals, giving them health scores and ranking them in order of healthiest to unhealthiest.

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# Investigation Summary and Highlights

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## **DietDetective.com's Top 10 "Healthiest" Cereals**

These are the highest-ranked cereals based on the DietDetective.com's 19 criteria.

1. Nature's Path Organic Millet Puffs
2. Barbara's Shredded Wheat
3. Kashi Whole Wheat Biscuits Autumn Wheat (Tied for 3<sup>rd</sup> place)
3. Quaker Oats Old Fashioned (Tied for 3<sup>rd</sup> place)
5. Nature's Path Oatmeal Gluten Free Selections Homestyle
6. Kashi 7 Whole Grain Cereals Puffs
7. Post Shredded Wheat Original Spoon Size
8. Nature's Path Qi'a Superfood Chia, Buckwheat & Hemp Original Flavor
9. Post Shredded Wheat Spoon Size Wheat'n Bran
10. Nature's Path Original Hot Oatmeal

## **DietDetective.com's Lowest-Ranked Cereals (Unhealthiest First)**

These are the lowest-ranked cereals based on the DietDetective.com's health score using 19 criteria.

1. General Mills Monsters Boo Berry (Tied for last place)
1. Kellogg's Rice Krispies Treats (Tied for last place)
1. Post Fruity Pebbles (Tied for last place)
1. Post Summer Berry Pebbles (Tied for last place)
1. General Mills Chocolate Lucky Charms (Tied for last place)
6. Kellogg's Rice Krispies Cocoa Krispies
7. General Mills Cinnamon Toast Crunch Frosted Toast Crunch
8. Kellogg's Frosted Flakes
9. Quaker Honey Graham Oh's
10. Kellogg's Granola Low-fat Granola Multigrain with Raisins

### **Cereals with Fewest Calories Per Gram**

This is one of the better ways of comparing cereals, particularly because the serving size and density differ from one to another. The cereal with the fewest calories per gram is listed first. All the cereals on the list have fewer calories per gram than 291 others.

1. Kashi 7 Whole Grain Cereals Good Friends, Original, 1.13 calories per gram of cereal
2. General Mills Fiber One, 2.0 calories per gram of cereal
3. Kellogg's All-Bran, 2.58 calories per gram of cereal
4. General Mills Fiber One 80 Calories Honey Squares, 2.67 calories per gram of cereal
4. Nature's Path Organic SmartBran Cereal, 2.67 calories per gram of cereal
4. General Mills Fiber One 80 Calories Chocolate Squares, 2.67 calories per gram of cereal
4. Kellogg's All-Bran Bran Buds, 2.67 calories per gram of cereal
8. Barbara's Puffins Cinnamon Puffins, 3.0 calories per gram of cereal
9. General Mills Total Raisin Bran, 3.02 calories per gram of cereal
10. Kashi GoLean Original, 3.08 calories per gram of cereal

### **Cereals with the Most Calories Per Gram**

This is one of the better ways of comparing cereals, particularly because the serving size and density differ from one to another. The cereal with the most calories per gram is listed first. All the cereals listed here have more calories per gram than 290 other cereals.

- Nature's Path Love Crunch Dark Chocolate Macaroon, 5.0 calories per gram of cereal
- Nature's Path Love Crunch Aloha Blend, 5.0 calories per gram of cereal
- Nature's Path Chia Plus Granola, Chia Plus Coconut Chia Granola, 4.90 calories per gram of cereal
- Nature's Path Granola Peanut Butter Granola, 4.7 calories per gram of cereal
- Nature's Path Hemp Plus Granola, 4.7 calories per gram of cereal
- Nature's Path Granola Pumpkin Flax Plus Granola, 4.7 calories per gram of cereal
- Nature's Path Qi'a Superfood. Chia, Buckwheat & Hemp Original Flavor, 4.7 calories per gram of cereal
- Nature's Path Qi'a Superfood Chia, Buckwheat & Hemp Cereal Cranberry Vanilla, 4.7 calories per gram of cereal
- Nature's Path Love Crunch Dark Chocolate & Red Berries, 4.7 calories per gram of cereal
- Nature's Path Love Crunch Apple Crumble, 4.7 calories per gram of cereal
- Nature's Path Granola Gluten Free Selections Fruit and Nut Granola, 4.7 calories per gram of cereal

### **Cereals with the Fewest Calories Per Serving**

- Nature's Path Organic Millet Puffs, 50 calories per serving
- Nature's Path Organic Rice Puffs, 50 calories per serving
- Nature's Path Organic Kamut Puffs, 50 calories per serving
- Quaker Puffed Wheat, 50 calories per serving
- Quaker Puffed Rice, 50 calories per serving
- Kashi 7 Whole Grain Cereals, Good Friends, Original, 60 calories per serving
- General Mills Fiber One, 60 calories per serving
- Nature's Path Organic Corn Puffs, 60 calories per serving
- Kashi 7 Whole Grain Cereals, Puffs, 70 calories per serving
- Kellogg's All-Bran, 80 calories per serving

### **Cereals with the Most Calories Per Serving**

- Nature's Path Chia Plus Coconut Chia Granola, 270 calories per serving
- Nature's Path Hemp Plus Granola, 260 calories per serving
- Nature's Path Pumpkin Flax Plus Granola, 260 calories per serving
- Nature's Path Peanut Butter Granola, 260 calories per serving
- General Mills Cascadian Farm Dark Chocolate Almond Granola, 250 calories per serving
- Post Honey Bunches of Oats, Just Bunches! Honey Roasted, 250 calories per serving
- Nature's Path Granola Pomegranate Cherry Granola, 250 calories per serving
- Nature's Path Kirkland Signature Ancient Grains Granola with Almonds, 250 calories per serving
- Nature's Path Granola Vanilla Almond Flax Plus Granola, 250 calories per serving
- General Mills Cascadian Farm French Vanilla Almond Granola, 240 calories per serving

### **NO-Sugar Cereals**

The following cereals contain NO sugar.

- General Mills Fiber One
- Quaker Puffed Rice
- Kellogg's Frosted Mini-Wheat Unfrosted Bite Size
- Post Shredded Wheat Original Big Biscuit
- Kashi 7 Whole Grain Cereals Puffs
- Nature's Path Oatmeal Gluten Free Selections Homestyle
- Nature's Path Organic Corn Puffs
- Quaker Puffed Wheat
- Post Shredded Wheat Spoon Size Wheat'n Bran
- Nature's Path Qi'a Superfood, Chia, Buckwheat & Hemp Original Flavor
- Post Shredded Wheat Original Spoon Size
- Nature's Path Organic Millet Puffs
- Barbara's Shredded Wheat
- Nature's Path Organic Rice Puffs
- Nature's Path Organic Kamut Puffs

## **Cereals with the Most Grams of Sugar Per Gram**

This is one of the better ways of comparing cereals because it eliminates variations in serving size. The cereal with the most grams of sugar per gram is listed first. The cereals listed below have more sugar per gram than 289 other cereals we investigated.

- Kellogg's Honey Smacks, 0.56g of sugar per gram of cereal
- Post Golden Crisp, 0.52g of sugar per gram of cereal
- Kellogg's Froot Loops Marshmallow 0.48g of sugar per gram of cereal
- Quaker Honey Graham Oh's, 0.44g of sugar per gram of cereal
- Quaker Quisp, 0.44g of sugar per gram of cereal
- Kellogg's Apple Jacks, 0.43g of sugar per gram of cereal
- Kellogg's Froot Loops, 0.40g of sugar per gram of cereal
- Kellogg's Rice Krispies Frosted Krispies, 0.40g of sugar per gram of cereal
- Post Waffle Crisp, 0.40g of sugar per gram of cereal
- Kellogg's Frosted Flakes Choco Zucaritas Chocolate, 0.40g of sugar per gram of cereal
- Kellogg's New Option Cinnabon, 0.40g of sugar per gram of cereal
- Kellogg's Froot Loops Treasures, 0.40g of sugar per gram of cereal

## **NO-Sodium Cereals**

According to their labels, the following cereals contain NO sodium.

- Kashi Whole Wheat Biscuits Berry Fruitful Cereal
- Nature's Path Organic Rice Puffs
- Nature's Path Organic Millet Puffs
- Nature's Path Organic Kamut Puffs
- Kashi Whole Wheat Biscuits Cinnamon Harvest
- Quaker Oats Old Fashioned
- Kashi Whole Wheat Biscuits Autumn Wheat
- Quaker Puffed Wheat
- Post Shredded Wheat Spoon Size Wheat'n Bran
- Kellogg's Frosted Mini-Wheat Big Bite
- Kellogg's Frosted Mini-Wheat Unfrosted Bite Size
- Kellogg's Frosted Mini-Wheat Touch of Fruit in the Middle Raisin
- Kellogg's Frosted Mini-Wheat Blueberry
- Kellogg's Frosted Mini-Wheat Strawberry
- Kellogg's Frosted Mini-Wheat Maple Brown Sugar
- Post Shredded Wheat Original Spoon Size
- Barbara's Shredded Wheat
- Kellogg's Frosted Mini-Wheat Bite Size
- Quaker Puffed Rice
- Kellogg's Frosted Mini-Wheat Little Bites Original
- Kashi 7 Whole Grain Cereals Puffs
- Quaker Quisp
- Nature's Path Organic Corn Puffs
- Nature's Path Original Hot Oatmeal
- Kashi 7 Whole Grain Cereals Honey Puffs
- Nature's Path Oatmeal Gluten Free Selections Homestyle
- Nature's Path Qi'a Superfood, Chia, Buckwheat & Hemp Cereal Apple Cinnamon
- Nature's Path Qi'a Superfood, Chia, Buckwheat & Hemp Original Flavor
- Nature's Path Qi'a Superfood, Chia, Buckwheat & Hemp Cereal Cranberry Vanilla
- Nature's Path Granola, Gluten Free Selections Fruit and Nut Granola

## **Cereals with the Most Milligrams of Sodium Per Gram**

This is one of the better ways of comparing cereals because it eliminates variations in serving size. The cereal with the most sodium per gram is listed first. The cereals on this list have more sodium per gram than 291 other cereals.

1. Quaker King Vitamin, 8.39mg of sodium per gram
2. General Mills Chex Rice Chex, 8.15mg of sodium per gram
3. Quaker Crunch Corn Bran Crunch, 7.78mg of sodium per gram
4. Barbara's Classics Peanut Butter Puffins, 7.67mg of sodium per gram
5. Kellogg's Product 19, 7.33mg of sodium per gram
6. Kellogg's All-Bran Complete Wheat Flakes, 7.24mg of sodium per gram
7. Kellogg's Corn Flakes, 7.14mg of sodium per gram
8. General Mills Chex Corn Chex, 7.10mg of sodium per gram
9. Barbara's Puffins Original Puffins, 7.04mg of sodium per gram
9. General Mills Wheaties, 7.04mg of sodium per gram

## **Cereal Averages**

Here is a quick look at the nutritional content of an average bowl of cereal:

- Average calories per serving: 150 (no more than 2,000 calories per day for average person)
- Average sodium milligrams per serving: 127 (recommendations are no more than 2,300mg per day)
- Average carb grams per serving: 31.18 (A recent study showed that a diet of less than 40 grams of carbohydrate per day works better for weight control than a low-fat diet)
- Average sugar grams per serving: 8.46 (equal to about 2 teaspoons of sugar)
- Average protein grams per serving: 3.66 (Women ages 19 – 70+ should get 46g; Men ages 19 – 70+ should get 56g per day)
- Average dietary fiber per serving: 3.83g (recommended to consume 28 grams of dietary fiber in whole foods for the average person consuming 2,000 calories per day)



## Cereal Healthy Eating Tips

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— **Stick with Low Calories:** Choose cereals that are low in calories per gram. To find this number, divide the number of calories in a serving by the number of grams per serving listed on the nutritional label.

— **Watch the Sodium:** Many cereals are high in sodium; the Institute of Medicine recommends no more than 1,500 mg of sodium per day.

— **Avoid Added Sugar:** According to the Centers for Disease Control and Prevention (CDC), the term “added sugar” is defined as any “sweeteners added to processed and prepared foods.” While many sugars are found naturally in foods such as milk, fruit, vegetables and grains, it’s the sugars added to many of the foods we eat (by food companies) that we have to watch out for. Remember, regardless of the name, whether it’s honey (although there is some research that indicates honey can help with allergies and work as an antibiotic), brown sugar, raw sugar or maple syrup, all added sugar essentially adds calories without significant nutritional value. Molasses may be the one exception, because it is actually a fair source of potassium, calcium and iron.

When you read a food label, look out for: corn syrup, cane sugar, brown sugar, brown sugar syrup, dextrin, dextrose, dried cane syrup, glucose, fructose, high-fructose corn syrup, honey, invert sugar, lactose, maltodextrin, maltose, mannitol, molasses, natural sweeteners, polydextrose, raw sugar, sucrose syrup, turbinado sugar, xylitol, organic evaporated cane juice, evaporated cane juice, evaporated cane juice crystals, evaporated cane sugar and maple syrup.

— **Not For the Carb-Minded:** Researchers have demonstrated that a “low-carbohydrate diet was more effective for weight loss and cardiovascular risk-factor reduction than the low-fat diet.” The participants in this particular study ate fewer than 40g of carbs per day. The average cereal has more than 30g.

— **Don’t be Fooled by Health Claims on the Package:** Yes, cereals are nutritionally dense and can be very filling—especially the ones made from whole grains. However, just because they have extra vitamins and minerals doesn't mean you can eat as much as you want. Even if a cereal boasts "High Fiber," "Excellent Source of Calcium" or "Organic," it may still contain a significant amount of sugar, sodium, calories and even fat.

— **Serving Size Matters:** Typically, we eat anywhere from 1 to 3 cups of cereal at one sitting—not necessarily the serving size listed on the food label. Because of this, you need to closely monitor how much you're eating so you don't go overboard.

If you want to compare cereals nutritionally, keep in mind that they have different densities (e.g., flakes, nuggets, puffs), and, as a result, it's more difficult to compare one with another. Some, such as Shredded Wheat or Grape Nuts, are quite dense, so, based on the food label,

they look like they're very high in calories. Therefore, based simply on volume (number of cups) it's tough to compare their nutritional values to less dense cereals like Rice Krispies or Cheerios.

In theory, the more dense the cereal (the more grams per serving), the less you are likely to eat. So, when you're trying to pick the best cereal, check the weights listed next to the serving size (grams) and compare the calories per gram by dividing the calories by the number of grams per serving.

— **Skim It:** Choose skim milk to go with your cereal. You get essentially the same nutrients from skim milk as you do from drinking whole milk—minus the fat, of course—so stick with the low-calorie version and save about 64 calories and 8 grams of fat per cup. The carb contents are similar: Skim is slightly higher, but by less than half a gram.

— **Added Fiber:** Many cereals have added fiber; check the label for chicory root/inulin, maltodextrin, polydextrose, soy hulls, wheat fiber, oat fibers and sorghum fibers. Many researchers believe that added fiber doesn't have the same health benefits as the fiber that occurs naturally in whole foods. Bottom line: Don't just look at the amount of fiber on the food label; you also need to check the ingredients list.

— **The Fewer Ingredients the Better:** Choose the cereals (and all your foods) that have the fewest ingredients, and make sure they're names you can pronounce.

— **Avoided Added Protein:** Cereal companies are trying their best to overcome the low-carb craze and capitalize on the idea that protein keeps you full, by adding protein to cereal. Don't be fooled: It's not the same as eating eggs or egg whites and other low-calorie protein sources. However, cereals with nuts are a great source of protein.

— **Whole Grains are Important:** Look for whole grains as the first ingredient on the food label. These could include brown rice, buckwheat, bulgur, graham flour, oatmeal, quinoa, rolled oats, whole-grain barley, whole-grain corn, whole oats, whole rye, whole wheat and wild rice.

— **Avoid "Fortified with Vitamins":** Research is demonstrating that adding vitamins to cereals is not the same as getting them from whole foods. Looking for vitamin C? Eat an apple.

## Healthiest Cereals according to DietDetective.com Health Rankings



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## HEALTH RANKING CRITERIA

DietDetective.com issued the 2015 Cereal Survey rating foods for three hundred (300) cereals. The survey assigned a "Health Score" (5 stars = highest rate, 0 star = lowest) and "Health Ranking" based on 20 criteria:

1. Calorie count per serving (g/serving)
  2. Calorie count per gram
  3. Carbohydrates per serving (g/serving)
  4. Protein per serving (g/serving)
  5. Sodium per serving (mg/serving)
  6. Sodium per gram
  7. Sugar per serving (g/serving)
  8. Sugar per gram
  9. Added Sugar
  10. Ingredient placement of sugar
  11. Fiber (g/serving):
  12. Ingredient placement of whole grains
  13. Number of ingredients: Note: Fortification leads to a reduced health score because we believe whole foods should provide nutrients, and adding vitamins and minerals leads to public confusion regarding the nutritional profile of that food.
  14. Presence of real food (e.g., dried fruit, raisins, nuts)\*
  15. Fortified with vitamins: Vitamins should be from natural sources, and this skews nutrition information, and can be deceptive.
  16. Center for Science in the Public Interest's (CSPI) Chemical Cuisine "Avoid" Food Additives Present; (e.g. artificial colorings, caramel coloring, BHA, trans fat)
  17. Center for Science in the Public Interest's (CSPI) Chemical Cuisine "Caution" Food Additives Present
  18. Health Claims based on added ingredients: To lay consumers trying to determine if a cereal is healthy or not this can be misleading.
  19. Cartoon Character on Box: We assigned points if there was no cartoon character on the box.
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## DietDetective.com Cereal Health Rankings Overall Rankings (Healthiest to Unhealthiest)

Ranking	Company	Brand	Cereal Name	Total Score (out of 92.5 points)
1	Nature's Path	Nature's Path Organic	Millet Puffs	86.0000
2	Barbara's	Shredded Wheat	Shredded Wheat	84.5000
3	Kashi	Whole Wheat Biscuits	Autumn Wheat	83.5000
4	Quaker	Oats	Old Fashioned	83.5000
5	Nature's Path	Oatmeal	Gluten Free Selections Homestyle	82.0000
6	Kashi	7 Whole Grain Cereals	Puffs	81.0000
7	Post	Post Shredded Wheat	Original Spoon Size	80.5000
8	Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Original Flavor	79.5000
9	Post	Post Shredded Wheat	Spoon Size Wheat'n Bran	79.0000
10	Nature's Path	Oatmeal	Original Hot Oatmeal	77.0000
11	Kashi	Whole Wheat Biscuits	Cinnamon Harvest	76.5000
12	Nature's Path	Nature's Path Organic	Corn Puffs	76.0000
13	Nature's Path	Nature's Path Organic	KAMUT Puffs	76.0000
14	Nature's Path	Nature's Path Organic	Rice Puffs	76.0000
15	Kashi	7 Whole Grain Cereals	Honey Puffs	74.0000
16	Nature's Path	Granola	Peanut Butter Granola	74.0000
17	Kashi	7 Whole Grain Cereals	Flakes	73.5000
18	Quaker	Puffed Wheat		73.5000
19	Post	Post Shredded Wheat	Original Big Biscuit	73.0000
20	Nature's Path	Nature's Path Organic	Heritage Flakes	72.5000
21	Barbara's	Barbara's Classics	Brown Rice Crisps	71.5000
22	Nature's Path	Granola	Vanilla Almond Flax Plus Granola	71.5000
23	Nature's Path	Oatmeal	Gluten Free Selections Spiced Apple with Flax	71.5000
24	Barbara's	Barbara's Classics	Honest O's Original	71.0000
25	Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Cereal Apple Cinnamon	71.0000

26	Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Cereal Cranberry Vanilla	71.0000
27	Kashi	Whole Wheat Biscuits	Island Vanilla	70.0000
28	Nature's Path	Oatmeal	Hemp Plus Hot Oatmeal	70.0000
29	Quaker	Puffed Rice		70.0000
30	Kashi	7 Whole Grain Cereals	Good Friends, Original	69.5000
31	Kellogg's	Frosted Mini-Wheat	Unfrosted Bite Size	69.0000
32	Nature's Path	Granola	Pumpkin Flax Plus Granola	69.0000
33	Nature's Path	Nature's Path Organic	Honey'd Corn Flakes	69.0000
34	Nature's Path	Nature's Path Organic	Oaty Bites	69.0000
35	Nature's Path	Oatmeal	Optimum Power Blueberry Cinnamon Flax Hot Oatmeal	69.0000
36	Nature's Path	Chia Plus Granola	Chia Plus Coconut Chia Granola	67.5000
37	Barbara's	Barbara's Classics	Corn Flakes	66.5000
38	Nature's Path	Nature's Path Organic	Flax Plus Red Berry Crunch	66.5000
39	Nature's Path	Nature's Path Organic	Heritage O's	66.0000
40	Kashi	Whole Wheat Biscuits	Berry Fruitful Cereal	65.0000
41	Nature's Path	Flax Plus	Flax Plus Flakes	65.0000
42	Barbara's	High Fiber Medley	Barbara's	64.5000
43	Kashi	7 Whole Grain Cereals	Nuggets	64.5000
44	Nature's Path	Granola	Flax Plus Hot Oatmeal	64.0000
45	Nature's Path	Hemp Plus Granola	Hemp Plus Granola	64.0000
46	Nature's Path	Oatmeal	Gluten Free Selections Brown Sugar Maple with Ancient Grains	64.0000
47	General Mills	Kix	Kix	63.5000
48	Nature's Path	Oatmeal	Apple Cinnamon Hot Cereal	63.0000
49	Barbara's	Puffins	Honey Rice Puffins	62.5000
50	Kellogg's	Frosted Mini-Wheat	Bite Size	62.5000
51	Kellogg's	Frosted Mini-Wheat	Touch of Fruit in the Middle Raspberry	62.5000
52	Nature's Path	Nature's Path Organic	Fruit Juice Sweetened Corn Flakes	62.5000
53	Nature's Path	Nature's Path Organic	Heritage Muesli-Raspberry Hazelnut & Ancient Grains	62.5000
54	Nature's Path	Nature's Path Organic	Whole O's Cereal	62.5000
55	Nature's Path	Kirkland Signature	Ancient Grains Granola with Almonds	62.0000
56	Nature's Path	Oatmeal	MultiGrain Raisin Spice Hot Oatmeal	62.0000

57	Nature's Path	Oatmeal	Optimum Cranberry Ginger Hot Oatmeal	61.5000
58	General Mills	Cascadian Farm	Purely O's	61.0000
59	General Mills	Chex	Wheat Chex	61.0000
60	Kashi	GoLean	Vanilla Graham Clusters	61.0000
61	General Mills	Cascadian Farm	Oats and Honey Granola	60.5000
62	Barbara's	Barbara's Classics	Toasted Oatmeal Flakes	60.0000
63	Barbara's	Spoonfuls	Multigrain Spoonfuls	60.0000
64	Barbara's	Squarefuls	Multigrain Squarefuls	60.0000
65	Kashi	Heart to Heart	Warm Cinnamon	60.0000
66	Kellogg's	Frosted Mini-Wheat	Touch of Fruit in the Middle Raisin	60.0000
67	Nature's Path	Nature's Path Organic	Crispy Rice Cereal	60.0000
68	Nature's Path	Nature's Path Organic	Flax Plus Cinnamon	60.0000
69	Nature's Path	Nature's Path Organic	Millet Rice Fruit Juice Sweetened	60.0000
70	Nature's Path	Nature's Path Organic	Multigrain Oatbran Cereal	60.0000
71	Barbara's	High Fiber Medley	High Fiber Flax and Granola	59.5000
72	Nature's Path	Granola	Gluten Free Selections Fruit and Nut Granola	59.5000
73	Nature's Path	Nature's Path Organic	Optimum Slim Low Fat Vanilla Cereal	59.5000
74	Kellogg's	Special K	Low Fat Granola, Touch of Honey	59.0000
75	Nature's Path	Oatmeal	Maple Nut Hot Oatmeal	59.0000
76	Quaker	Granola	Oats, Honey, and Almond	59.0000
77	Kashi	Heart to Heart	Oat Flakes and Blueberry Clusters	58.0000
78	Quaker	Granola	Apple, Cranberry, and Almond	58.0000
79	Quaker	Granola	Oats, Honey, Raisin, and Almond	58.0000
80	Quaker	Medleys Multigrain	Cherry Almond Pecan	58.0000
81	General Mills	Fiber One	Fiber One	57.5000
82	General Mills	Total	Total	57.5000
83	Kashi	Heart to Heart	Honey Toasted Oat	57.5000
84	Kellogg's	Crispix		57.5000
85	Kellogg's	Frosted Mini-Wheat	Little Bites Original	57.5000
86	Nature's Path	Nature's Path Organic	Heritage Muesli Wild Blueberry Almond & Ancient Grains	57.5000
87	Barbara's	High Fiber Medley	High Fiber Cranberry	57.0000
88	General Mills	Total	Total Raisin Bran	57.0000
89	Kashi	GoLean Crisp	Toasted Berry Crumble	57.0000

90	General Mills	Cheerios	Cheerios	56.5000
91	Kashi	Corn Flakes	Indigo Morning	56.5000
92	Kashi	GoLean	Original	56.0000
93	Nature's Path	Nature's Path Organic	Optimum Power Blueberry Cinnamon Flax Cereal	56.0000
94	Post	Grape-Nuts	Original	56.0000
95	Barbara's	Morning Oat Crunch	Morning Oat Crunch Original	55.5000
96	General Mills	Cascadian Farm	Maple Brown Sugar Granola	55.5000
97	Kellogg's	All-Bran		55.5000
98	Nature's Path	Environkids	Jungle Munch	55.5000
99	Nature's Path	Environkids	Koala Crisp Cereal	55.5000
100	Nature's Path	Nature's Path Organic	SmartBran Cereal	55.5000
101	Nature's Path	Nature's Path Organic	Sunrise Crunchy Vanilla	55.5000
102	Post	Great-Grains	Cranberry Almond Crunch	55.5000
103	General Mills	Cascadian Farm	Ancient Grains Granola	55.0000
104	Kashi	7 Whole Grain Cereals	Squares, Honey Sunshine	55.0000
105	Nature's Path	Nature's Path Organic	Crispy Rice Cereal	55.0000
106	Nature's Path	Nature's Path Organic	Flax Plus Raisin Bran Flakes	55.0000
107	Nature's Path	Nature's Path Organic	Mesa Sunrise Flakes	55.0000
108	Kashi	Raisin Vineyard		54.5000
109	Kashi	Corn Flakes	Simply Maize	54.0000
110	Nature's Path	Nature's Path Organic	Heritage Bites	53.5000
111	General Mills	Cascadian Farm	Cinnamon Raisin Granola	53.0000
112	Nature's Path	Granola	Pomegran Cherry Granola	53.0000
113	Nature's Path	Love Crunch	Love Crunch Apple Crumble	53.0000
114	Quaker	Medleys Multigrain	Peach Apple Walnut	53.0000
115	Barbara's	Barbara's Classics	Honest O's Multigrain	52.5000
116	Barbara's	Puffins	Multigrain Puffins	52.5000
117	Barbara's	Puffins	Original Puffins	52.5000
118	Barbara's	Snackimals	Snackimals Vanilla Blast Cereal	52.5000
119	General Mills	Fiber One	Fiber One Nutty Clusters and Almonds	52.5000
120	General Mills	Kix	Honey Kix	52.5000
121	General Mills	Wheaties	Wheaties	52.5000



122	Kellogg's	Corn Flakes		52.5000
123	Post	Great-Grains	Banana Nut Crunch	52.5000
124	General Mills	Cascadian Farm	Hearty Morning Fiber	52.0000
125	Kashi	GoLean Crisp	Cinnamon Crumble	52.0000
126	Kellogg's	Raisin Bran	Cinnamon Almond	52.0000
127	Barbara's	Barbara's Classics	Peanut Butter Puffins	51.5000
128	General Mills	Cascadian Farm	Fruitful O's	51.5000
129	General Mills	Chex	Corn Chex	51.5000
130	Kashi	Strawberry Fields		51.5000
131	Kellogg's	Frosted Mini-Wheat	Big Bite	51.5000
132	Nature's Path	Nature's Path Organic	Flax Plus Maple Pecan Crunch	51.5000
133	Post	Great-Grains	Crunchy Pecans	51.5000
134	Post	Post Shredded Wheat	Spoon Size Honey Nut	51.5000
135	Kellogg's	Granola	Low-fat Granola multigrain	51.0000
136	Barbara's	Morning Oat Crunch	Morning Oat Crunch Mini Blueberry Burst	50.5000
137	General Mills	Cheerios	Apple Cinnamon Cheerios	50.5000
138	General Mills	Cheerios	Multi Grain Cheerios	50.5000
139	Nature's Path	Love Crunch	Love Crunch Dark Chocolate Macaroon	50.5000
140	Nature's Path	Nature's Path Organic	Heritage Crunch	50.5000
141	General Mills	Cascadian Farm	Honey Nut O's	50.0000
142	General Mills	Chex	Rice Chex	50.0000
143	Kashi	7 Whole Grain Cereals	Kashi Squares, Berry Blossoms	50.0000
144	Kellogg's	Special K	Multi-Grain	50.0000
145	Kellogg's	Special K	Protein	50.0000
146	Post	Grape-Nuts	Flakes	50.0000
147	Post	Great-Grains	Digestive Blends Berry Medley	50.0000
148	Post	Great-Grains	Protein Blend Honey, Oats and Seeds	50.0000
149	Post	Post Bran Flakes		50.0000
150	General Mills	Cascadian Farm	Cinnamon Crunch	49.5000
151	General Mills	Cinnamon Toast Crunch	Peanut Butter Toast Crunch	49.5000
152	Nature's Path	Love Crunch	Love Crunch Carrot Cake	49.5000
153	Nature's Path	Nature's Path Organic	Sunrise Crunchy Honey	49.5000
154	General Mills	Cascadian Farm	Chocolate O's	49.0000
155	General Mills	Cascadian Farm	Raisin Bran	49.0000

156	General Mills	Cheerios	Dulce De Leche Cheerios	49.0000
157	General Mills	Fiber One	Fiber One 80 Calories Honey Squares	49.0000
158	Kellogg's	Frosted Mini-Wheat	Blueberry	49.0000
159	Kellogg's	Frosted Mini-Wheat	Little Bites Chocolate	49.0000
160	Kellogg's	Frosted Mini-Wheat	Strawberry	49.0000
161	Nature's Path	Nature's Path Organic	Flax Plus Pumpkin Raisin	49.0000
162	Post	Post Raisin Bran		49.0000
163	Kashi	GoLean	Crunch!	48.5000
164	Kellogg's	Cracklin' Oat Bran		48.5000
165	Barbara's	Morning Oat Crunch	Morning Oat Crunch Cinnamon	48.0000
166	Barbara's	Morning Oat Crunch	Morning Oat Crunch Vanilla Blast	48.0000
167	General Mills	Cheerios	Banana Nut Cheerios	48.0000
168	General Mills	Chex	Chex Apple Cinnamon	48.0000
169	General Mills	Fiber One	Fiber One 80 Calories Chocolate Squares	48.0000
170	Kellogg's	Mueslix		48.0000
171	Kellogg's	New Option	Product 19	48.0000
172	Nature's Path	Environkids	Gorilla Munch Cereal	48.0000
173	Nature's Path	Granola	Gluten Free Selections Honey Almond Granola	48.0000
174	Nature's Path	Love Crunch	Love Crunch Aloha Blend	48.0000
175	Nature's Path	Love Crunch	Love Crunch Dark Chocolate & Red Berries	48.0000
176	Post	Honey Bunches of Oats	Just Bunches! Honey Roasted	48.0000
177	Barbara's	Snackimals	Snackimals Cinnamon Crunch Cereal	47.5000
178	Kellogg's	Special K	Cinnamon Pecan	47.5000
179	Post	Great-Grains	Protein Blend Cinnamon Hazelnut	47.5000
180	Post	Post Sesame Street Cereal		47.5000
181	Kellogg's	Special K	Red Berries	47.0000
182	Nature's Path	Granola	Gluten Free Selections Summer Berries Granola	47.0000
183	Nature's Path	Nature's Path Organic	Mesa Sunrise Flakes with Raisins	47.0000
184	General Mills	Kix	Berry Berry Kix	46.5000
185	Kellogg's	Frosted Mini-Wheat	Maple Brown Sugar	46.5000
186	Kellogg's	Krave	S'Mores	46.5000
187	Kellogg's	Rice Krispies	Gluten Free	46.5000
188	Nature's Path	Environkids	Amazon Frosted Flakes	46.5000

189	Post	Grape-Nuts	Fit	46.5000
190	General Mills	Cascadian Farm	French Vanilla Almond Granola	46.0000
191	General Mills	Fiber One	Fiber One Honey Clusters	46.0000
192	Barbara's	Barbara's Classics	Honest O's Honey Nut	45.5000
193	Barbara's	Morning Oat Crunch	Morning Oat Crunch Original	45.5000
194	General Mills	Cascadian Farm	Dark Chocolate Almond Granola	45.5000
195	General Mills	Chex	Honey Nut Chex	45.5000
196	Nature's Path	Chia Plus Granola	Sunrise Crunchy Cinnamon	45.5000
197	Nature's Path	Environkids	Choco Chimps	45.5000
198	Barbara's	Snackimals	Snackimals Chocolate Crisp Cereal	45.0000
199	General Mills	Cheerios	Multi Grain Cheerios Peanut Butter	44.5000
200	Nature's Path	Love Crunch	Love Crunch Gingerbread	44.5000
201	Kellogg's	Special K	Chocolatey Delight	44.0000
202	Kellogg's	Special K	Multigrain Oats and Honey	44.0000
203	Post	Honey Bunches of Oats	Honey Bunches of Oats with Almonds	44.0000
204	Kashi	GoLean	Crunch! Honey Almond Flax	43.5000
205	Barbara's	Morning Oat Crunch	Morning Oat Crunch Cinnamon	43.0000
206	General Mills	Chex	Cinnamon Chex	43.0000
207	Post	Honey Bunches of Oats	Greek Honey Crunch	43.0000
208	Post	Honey Bunches of Oats	Greek Mixed Berry	43.0000
209	Post	Mini Cinnamon Churros		43.0000
210	Barbara's	Puffins	Peanut Butter and Chocolate Puffins	42.5000
211	General Mills	Cascadian Farm	Fruit and Nut Granola	42.5000
212	General Mills	Fiber One	Fiber One Raisin Bran Clusters	42.5000
213	Kellogg's	All-Bran	Complete Wheat Flakes	42.5000
214	Kellogg's	All-Bran	Bran Buds	42.0000
215	Post	Great-Grains	Digestive Blends Vanilla Graham	42.0000
216	Quaker	Oatmeal Squares	Cinnamon	42.0000
217	Kellogg's	Krave	Chocolate	41.5000
218	Kellogg's	Krave	Double Chocolate	41.5000
219	Kellogg's	Special K	Chocolate Almond	41.5000

220	Kellogg's	Special K	Chocolatey Strawberry	41.5000
221	Post	Honey Bunches of Oats	Fruit Blends, Banana Blueberry	41.5000
222	General Mills	Wheaties	Wheaties Fuel	41.0000
223	General Mills	Cheerios	Fruity Cheerios	40.5000
224	General Mills	Cheerios	Honey Nut Cheerios	40.5000
225	General Mills	Chex	Chocolate Chex	40.5000
226	General Mills	Lucky Charms	Lucky Charms	40.5000
227	Post	Good Morenings	Waffle Crunch	40.5000
228	Post	Great-Grains	Raisins, Dates, and Pecans	40.5000
229	Post	Honey Bunches of Oats	Morning Energy, Chocolatey Almond Crunch	40.5000
230	Post	Honey Bunches of Oats	Vanilla Bunches	40.5000
231	Post	Post Selects	Blueberry Morning	40.5000
232	Kellogg's	Frosted Flakes	Reduced Sugar	40.0000
233	Quaker	Crisps	Toasted Multigrain Crisps	40.0000
234	General Mills	Cheerios	Frosted Cheerios	39.5000
235	Kellogg's	Corn Pops		39.5000
236	Kellogg's	Raisin Bran	Crunch	39.5000
237	Post	Golden Crisp		39.5000
238	Quaker	Quisp		39.5000
239	Nature's Path	Environkids	Panda Puffs Cereal	39.0000
240	Post	Honey Bunches of Oats	Honey Bunches of Oats with Pecan Bunches	39.0000
241	Quaker	Life	Original	39.0000
242	General Mills	Chex	Vanilla Chex	38.0000
243	General Mills	Monsters	Count Chocula	38.0000
244	Kellogg's	Froot Loops	Treasures	38.0000
245	Kellogg's	Rice Krispies		38.0000
246	Nature's Path	Nature's Path Organic	Sunrise Crunchy Maple	38.0000
247	General Mills	Cheerios	Cinnamon Burst Cheerios	37.0000
248	General Mills	Cheerios	Honey Nut Cheerios Medley Crunch	37.0000
249	Kellogg's	Raisin Bran	Omega-3 from Flaxseed	37.0000
250	Kellogg's	Special K	Fruit and Yogurt	37.0000
251	Post	Honey Bunches of Oats	Raisin Medley	37.0000
252	Post	Honey Bunches of Oats	Cinnamon Bunches	36.5000
253	Post	Honey Bunches of Oats	Fruit Blends, Peach Raspberry	36.5000

254	Post	Honey Bunches of Oats	Tropical Blends, Mango Coconut	36.5000
255	Barbara's	Puffins	Cinnamon Puffins	36.0000
256	General Mills	Fiber One	Fiber One Protein Maple Brown Sugar	36.0000
257	Kellogg's	Smart Start	Original Antioxidants	36.0000
258	Post	Honey Bunches of Oats	Morning Energy, Cinnamon Crunch	36.0000
259	General Mills	Cheerios	Chocolate Cheerios	35.5000
260	Post	Honey Bunches of Oats	Honey Bunches of Oats with Real Strawberries	35.5000
261	Post	Honeycomb		35.5000
262	Quaker	Life	Cinnamon	35.5000
263	General Mills	Cheerios	Yogurt Burst Cheerios	34.5000
264	General Mills	Fiber One	Fiber One Caramel Delight	34.5000
265	Kellogg's	Crunchy Nut	Golden Honey Nut Flakes	34.5000
266	Kellogg's	Froot Loops	Marshmallow	34.5000
267	Kellogg's	Honey Smacks		34.5000
268	Nature's Path	Environkids	Leapin Lemurs Cereal	34.5000
269	Quaker	Oatmeal Squares	Brown Sugar	34.5000
270	Quaker	Oatmeal Squares	Honey Nut	34.5000
271	Kellogg's	Apple Jacks	Cinnamon Jacks	34.0000
272	Post	Honey Bunches of Oats	Honey Roasted	34.0000
273	General Mills	Fiber One	Fiber One Protein Cranberry Almond	33.5000
274	General Mills	Monsters	Franken Berry	33.0000
275	Kellogg's	Raisin Bran		33.0000
276	Quaker	Crunch	Corn Bran Crunch	32.5000
277	General Mills	Cinnamon Toast Crunch	Cinnamon Toast Crunch	32.0000
278	Kellogg's	New Option	Cinnabon	32.0000
279	Post	Pebbles	Cocoa Pebbles	32.0000
280	Post	Pebbles	Cocoa Pebbles Xtreme	32.0000
281	Quaker	Oatmeal Squares	Golden Maple	32.0000
282	Quaker	King Vitamin		31.5000
283	Kellogg's	Frosted Flakes	Choco Zucaritas Chocolate cereal	31.0000
284	Kellogg's	Rice Krispies	Frosted Krispies	31.0000
285	General Mills	Trix	Trix	30.5000
286	Kellogg's	Froot Loops		30.5000

287	Quaker	Life	Maple & Brown Sugar	30.5000
288	Post	Pebbles	Poppin' Pebbles	29.5000
289	Post	Alpha-Bits		29.0000
290	Post	Waffle Crisp		28.5000
291	Kellogg's	Apple Jacks		28.0000
292	Kellogg's	Granola	Low-fat Granola multigrain with raisins	27.5000
293	General Mills	Cinnamon Toast Crunch	Frosted Toast Crunch	27.0000
294	Kellogg's	Frosted Flakes		27.0000
295	Quaker	Honey Graham Oh's		27.0000
296	Kellogg's	Rice Krispies	Cocoa Krispies	26.0000
297	General Mills	Lucky Charms	Chocolate Lucky Charms	25.5000
298	General Mills	Monsters	Boo Berry	24.5000
299	Kellogg's	Rice Krispies	Treats	24.5000
300	Post	Pebbles	Fruity Pebbles	24.5000
301	Post	Pebbles	Summer Berry Pebbles	24.5000

## DietDectective.com Cereal Health Rankings Calories Per Gram of Cereal

Company	Brand	Cereal Name	Weight of Serving (grams)	Calories per serving	Calorie Per Gram
Kashi	7 Whole Grain Cereals	Good Friends, Original	53	60	1.1321
General Mills	Fiber One	Fiber One	30	60	2.0000
Kellogg's	All-Bran		31	80	2.5806
General Mills	Fiber One	Fiber One 80 Calories Honey Squares	30	80	2.6667
Nature's Path	Nature's Path Organic	SmartBran Cereal	30	80	2.6667
General Mills	Fiber One	Fiber One 80 Calories Chocolate Squares	30	80	2.6667
Kellogg's	All-Bran	Bran Buds	30	80	2.6667
Barbara's	Puffins	Cinnamon Puffins	30	90	3.0000
General Mills	Total	Total Raisin Bran	53	160	3.0189
Kashi	GoLean	Original	52	160	3.0769
Kashi	Whole Wheat Biscuits	Berry Fruitful Cereal	55	170	3.0909
General Mills	Fiber One	Fiber One Raisin Bran Clusters	55	170	3.0909
Kellogg's	All-Bran	Complete Wheat Flakes	29	90	3.1034
Nature's Path	Nature's Path Organic	Rice Puffs	16	50	3.1250
Nature's Path	Nature's Path Organic	Millet Puffs	16	50	3.1250
Nature's Path	Nature's Path Organic	KAMUT Puffs	16	50	3.1250
Post	Post Raisin Bran		59	190	3.2203
Kellogg's	Raisin Bran		59	190	3.2203
General Mills	Fiber One	Fiber One Honey Clusters	52	170	3.2692
Kashi	Whole Wheat Biscuits	Cinnamon Harvest	55	180	3.2727
Barbara's	High Fiber Medley	Barbara's	55	180	3.2727
Kashi	Whole Wheat Biscuits	Autumn Wheat	54	180	3.3333
Quaker	Puffed Wheat		15	50	3.3333
Kashi	7 Whole Grain Cereals	Squares, Honey Sunshine	30	100	3.3333
Kashi	GoLean	Vanilla Graham Clusters	51	170	3.3333
Kashi	7 Whole Grain Cereals	Kashi Squares, Berry Blossoms	30	100	3.3333
Post	Post Bran Flakes		30	100	3.3333
General Mills	Total	Total	30	100	3.3333
Barbara's	Puffins	Original Puffins	27	90	3.3333
Quaker	Crunch	Corn Bran	27	90	3.3333

Post	Post Shredded Wheat	Spoon Size Wheat'n Bran	59	200	3.3898
Kellogg's	Raisin Bran	Omega-3 from Flaxseed	53	180	3.3962
Kashi	7 Whole Grain Cereals	Flakes	50	170	3.4000
Kashi	Raisin Vineyard		50	170	3.4000
Post	Post Shredded Wheat	Original Big Biscuit	47	160	3.4043
General Mills	Chex	Wheat Chex	47	160	3.4043
Kellogg's	Special K	Multigrain Oats and Honey	29	100	3.4483
Kellogg's	Frosted Mini-Wheat	Big Bite	58	200	3.4483
Kellogg's	Raisin Bran	Cinnamon Almond	58	200	3.4483
Kellogg's	Frosted Mini-Wheat	Unfrosted Bite Size	55	190	3.4545
Kashi	Whole Wheat Biscuits	Island Vanilla	55	190	3.4545
General Mills	Cascadian Farm	Hearty Morning Fiber	55	190	3.4545
Nature's Path	Nature's Path Organic	Flax Plus Raisin Bran Flakes	55.00	190	3.4545
Kellogg's	Frosted Mini-Wheat	Touch of Fruit in the Middle Raisin	55	190	3.4545
Barbara's	High Fiber Medley	High Fiber Cranberry	55	190	3.4545
General Mills	Cascadian Farm	Raisin Bran	55	190	3.4545
Kellogg's	Frosted Mini-Wheat	Blueberry	55	190	3.4545
Kellogg's	Frosted Mini-Wheat	Touch of Fruit in the Middle Raspberry	55	190	3.4545
Kellogg's	Frosted Mini-Wheat	Strawberry	55	190	3.4545
Kellogg's	Frosted Mini-Wheat	Maple Brown Sugar	55	190	3.4545
General Mills	Fiber One	Fiber One Nutty Clusters and Almonds	55	190	3.4545
General Mills	Wheaties	Wheaties Fuel	55	190	3.4545
Post	Post Shredded Wheat	Original Spoon Size	49	170	3.4694
Barbara's	Shredded Wheat	Shredded Wheat	40.00	140	3.5000
Kellogg's	Frosted Mini-Wheat	Bite Size	54	190	3.5185
Kashi	GoLean Crisp	Cinnamon Crumble	51	180	3.5294
Kellogg's	Special K	Multi-Grain	31	110	3.5484
Kellogg's	Special K	Red Berries	31	110	3.5484
Quaker	Puffed Rice		14	50	3.5714
General Mills	Cheerios	Cheerios	28	100	3.5714
General Mills	Cheerios	Banana Nut Cheerios	28	100	3.5714
Kellogg's	Frosted Mini-Wheat	Little Bites Original	56	200	3.5714
Kellogg's	Corn Flakes		28	100	3.5714
Kellogg's	Frosted Mini-Wheat	Little Bites Chocolate	56	200	3.5714



General Mills	Cascadian Farm	Chocolate O's	28	100	3.5714
General Mills	Cascadian Farm	Fruitful O's	28	100	3.5714
Kashi	GoLean	Crunch!	53	190	3.5849
Kellogg's	Raisin Bran	Crunch	53	190	3.5849
Nature's Path	Oatmeal	MultiGrain Raisin Spice Hot Oatmeal	50	180	3.6000
General Mills	Fiber One	Fiber One Caramel Delight	50	180	3.6000
Kashi	7 Whole Grain Cereals	Nuggets	58	210	3.6207
Post	Grape-Nuts	Original	58	210	3.6207
Barbara's	Squarefuls	Multigrain Squarefuls	55	200	3.6364
Nature's Path	Nature's Path Organic	Optimum Slim Low Fat Vanilla Cereal	55	200	3.6364
Barbara's	High Fiber Medley	High Fiber Flax and Granola	55.00	200	3.6364
Kellogg's	Mueslix		55	200	3.6364
Nature's Path	Nature's Path Organic	Optimum Power Blueberry Cinnamon Flax Cereal	55	200	3.6364
Kashi	Strawberry Fields		55	200	3.6364
Kashi	Heart to Heart	Oat Flakes and Blueberry Clusters	55	200	3.6364
Kashi	Heart to Heart	Warm Cinnamon	33	120	3.6364
Kashi	Heart to Heart	Honey Toasted Oat	33	120	3.6364
General Mills	Kix	Honey Kix	33	120	3.6364
General Mills	Kix	Berry Berry Kix	33	120	3.6364
Kellogg's	Special K	Low Fat Granola, Touch of Honey	52	190	3.6538
General Mills	Cascadian Farm	Purely O's	30	110	3.6667
Nature's Path	Flax Plus	Flax Plus Flakes	30	110	3.6667
Barbara's	Barbara's Classics	Toasted Oatmeal Flakes	30	110	3.6667
Barbara's	Barbara's Classics	Corn Flakes	30	110	3.6667
Nature's Path	Nature's Path Organic	Multigrain Oatbran Cereal	30	110	3.6667
Nature's Path	Nature's Path Organic	Crispy Rice Cereal	30	110	3.6667
Nature's Path	Nature's Path Organic	Heritage Bites	30	110	3.6667
Kellogg's	Special K	Cinnamon Pecan	30	110	3.6667
Nature's Path	Nature's Path Organic	Sunrise Crunchy Vanilla	30	110	3.6667
Nature's Path	Nature's Path Organic	Crispy Rice Cereal	30	110	3.6667
General Mills	Cascadian Farm	Honey Nut O's	30	110	3.6667
Barbara's	Barbara's	Honest O's	30	110	3.6667

	Classics	Multigrain			
Nature's Path	Nature's Path Organic	Oaty Bites	30	110	3.6667
Barbara's	Barbara's Classics	Peanut Butter Puffins	30	110	3.6667
General Mills	Kix	Kix	30	110	3.6667
Nature's Path	Environkids	Choco Chimps	30	110	3.6667
Barbara's	Snackimals	Snackimals Cinnamon Crunch Cereal	30	110	3.6667
Nature's Path	Nature's Path Organic	Sunrise Crunchy Maple	30	110	3.6667
Barbara's	Snackimals	Snackimals Vanilla Blast Cereal	30	110	3.6667
Barbara's	Snackimals	Snackimals Chocolate Crisp Cereal	30	110	3.6667
Kellogg's	Rice Krispies	Gluten Free	30	110	3.6667
Nature's Path	Environkids	Koala Crisp Cereal	30	110	3.6667
Barbara's	Puffins	Peanut Butter and Chocolate Puffins	30	110	3.6667
Kellogg's		Product 19	30	110	3.6667
Barbara's	Puffins	Multigrain Puffins	30	110	3.6667
Kellogg's	Frosted Flakes	Reduced Sugar	30	110	3.6667
Kellogg's	Froot Loops	Treasures	30	110	3.6667
Kashi	7 Whole Grain Cereals	Puffs	19	70	3.6842
Quaker	Crisps	Toasted Multigrain Crisps	57	210	3.6842
Kashi	Corn Flakes	Indigo Morning	27	100	3.7037
Kashi	Corn Flakes	Simply Maize	27	100	3.7037
General Mills	Wheaties	Wheaties	27	100	3.7037
General Mills	Chex	Rice Chex	27	100	3.7037
General Mills	Cheerios	Dulce De Leche Cheerios	27	100	3.7037
General Mills	Cheerios	Frosted Cheerios	27	100	3.7037
General Mills	Cheerios	Chocolate Cheerios	27	100	3.7037
Post	Golden Crisp		27	100	3.7037
General Mills	Cheerios	Fruity Cheerios	27	100	3.7037
Quaker	Quisp		27	100	3.7037
General Mills	Monsters	Count Chocula	27	100	3.7037
Kellogg's	Honey Smacks		27	100	3.7037
Kashi	GoLean Crisp	Toasted Berry Crumble	51	190	3.7255
Post	Post Shredded Wheat	Spoon Size Honey Nut	59	220	3.7288
Nature's Path	Nature's Path Organic	Corn Puffs	16	60	3.7500
Nature's Path	Oatmeal	Optimum Cranberry Ginger Hot Oatmeal	40	150	3.7500
Quaker	Oats	Old Fashioned	40	150	3.7500
Barbara's	Spoonfuls	Multigrain	32	120	3.7500

		Spoonfuls			
Kellogg's	Special K	Protein	32	120	3.7500
Post	Great-Grains	Cranberry Almond Crunch	48	180	3.7500
Quaker	Oatmeal Squares	Cinnamon	56	210	3.7500
Kellogg's	Special K	Fruit and Yogurt	32	120	3.7500
General Mills	Chex	Honey Nut Chex	32	120	3.7500
Quaker	Oatmeal Squares	Honey Nut	56	210	3.7500
Quaker	Oatmeal Squares	Brown Sugar	56	210	3.7500
Quaker	Life	Original	32	120	3.7500
Quaker	Oatmeal Squares	Golden Maple	56	210	3.7500
Quaker	Life	Maple & Brown Sugar	32	120	3.7500
Quaker	Life	Cinnamon	32	120	3.7500
General Mills	Trix	Trix	32	120	3.7500
General Mills	Cheerios	Cinnamon Burst Cheerios	32	120	3.7500
Post	Great-Grains	Digestive Blends Vanilla Graham	53	200	3.7736
Kashi	GoLean	Crunch! Honey Almond Flax	53	200	3.7736
Post	Grape-Nuts	Fit	58	220	3.7931
General Mills	Cheerios	Multi Grain Cheerios	29	110	3.7931
Kellogg's	Crispix		29	110	3.7931
Post	Grape-Nuts	Flakes	29	110	3.7931
Kellogg's	Special K	Chocolately Strawberry	29	110	3.7931
Kellogg's	Frosted Flakes		29	110	3.7931
Kellogg's	Froot Loops		29	110	3.7931
Kellogg's	Froot Loops	Marshmallow	29	110	3.7931
Nature's Path	Oatmeal	Original Hot Oatmeal	50	190	3.8000
Kellogg's	Smart Start	Original Antioxidants	50	190	3.8000
Nature's Path	Nature's Path Organic	Heritage Muesli-Raspberry Hazelnut & Ancient Grains	55	210	3.8182
Nature's Path	Nature's Path Organic	Heritage Muesli Wild Blueberry Almond & Ancient Grains	55	210	3.8182
Nature's Path	Nature's Path Organic	Flax Plus Pumpkin Raisin	55	210	3.8182
Nature's Path	Nature's Path Organic	Flax Plus Red Berry Crunch	55	210	3.8182
Post	Great-Grains	Raisins, Dates, and Pecans	55	210	3.8182
General Mills	Cascadian Farm	Cinnamon Raisin Granola	55	210	3.8182
Post	Great-Grains	Digestive Blends Berry Medley	55	210	3.8182
Barbara's	Morning Oat Crunch	Morning Oat Crunch Original	55	210	3.8182
Nature's	Nature's Path	Mesa Sunrise	55	210	3.8182

Path	Organic	Flakes with Raisins			
Barbara's	Morning Oat Crunch	Morning Oat Crunch Original	55	210	3.8182
Kellogg's	Granola	Low-fat Granola multigrain with raisins	60	230	3.8333
Post	Honey Bunches of Oats	Raisin Medley	52	200	3.8462
Kellogg's	Special K	Chocolatey Delight	31	120	3.8710
General Mills	Chex	Corn Chex	31	120	3.8710
Post	Honey Bunches of Oats	Honey Bunches of Oats with Real Strawberries	31	120	3.8710
Kellogg's	Crunchy Nut	Golden Honey Nut Flakes	31	120	3.8710
General Mills	Cheerios	Honey Nut Cheerios Medley Crunch	31	120	3.8710
Kellogg's	Krave	S'Mores	31	120	3.8710
Kellogg's	Krave	Chocolate	31	120	3.8710
Kellogg's	Rice Krispies	Cocoa Krispies	31	120	3.8710
Quaker	King Vitamin		31	120	3.8710
Kellogg's	Granola	Low-fat Granola multigrain	49	190	3.8776
Post	Great-Grains	Banana Nut Crunch	59	230	3.8983
General Mills	Cascadian Farm	Fruit and Nut Granola	59	230	3.8983
Post	Honey Bunches of Oats	Morning Energy, Chocolatey Almond Crunch	56	220	3.9286
Kellogg's	Special K	Chocolate Almond	28	110	3.9286
General Mills	Cheerios	Multi Grain Cheerios Peanut Butter	28	110	3.9286
Post	Honey Bunches of Oats	Vanilla Bunches	56	220	3.9286
General Mills	Cheerios	Honey Nut Cheerios	28	110	3.9286
Kellogg's	Apple Jacks	Cinnamon Jacks	28	110	3.9286
Kellogg's	Apple Jacks		28	110	3.9286
General Mills	Lucky Charms	Chocolate Lucky Charms	28	110	3.9286
Kellogg's	Rice Krispies		33	130	3.9394
Post	Mini Cinnamon Churros		33	130	3.9394
General Mills	Monsters	Franken Berry	33	130	3.9394
General Mills	Monsters	Boo Berry	33	130	3.9394
Post	Honey Bunches of Oats	Greek Mixed Berry	58	230	3.9655
Post	Honey Bunches of Oats	Greek Honey Crunch	58	230	3.9655
Nature's	Oatmeal	Optimum	40	160	4.0000

Path		Power Blueberry Cinnamon Flax Hot Oatmeal			
Barbara's	Barbara's Classics	Brown Rice Crisps	30	120	4.0000
Barbara's	Barbara's Classics	Honest O's Original	30	120	4.0000
Nature's Path	Oatmeal	Hemp Plus Hot Oatmeal	40	160	4.0000
Nature's Path	Nature's Path Organic	Millet Rice Fruit Juice Sweetened	30	120	4.0000
Kashi	7 Whole Grain Cereals	Honey Puffs	30	120	4.0000
Nature's Path	Nature's Path Organic	Heritage O's	30	120	4.0000
Nature's Path	Nature's Path Organic	Heritage Flakes	30	120	4.0000
Nature's Path	Nature's Path Organic	Flax Plus Cinnamon	30	120	4.0000
Nature's Path	Nature's Path Organic	Flax Plus Maple Pecan Crunch	55	220	4.0000
Post	Great-Grains	Protein Blend Honey, Oats and Seeds	55	220	4.0000
Nature's Path	Nature's Path Organic	Mesa Sunrise Flakes	30	120	4.0000
Nature's Path	Nature's Path Organic	Fruit Juice Sweetened Corn Flakes	30	120	4.0000
Barbara's	Puffins	Honey Rice Puffins	30	120	4.0000
Nature's Path	Oatmeal	Gluten Free Selections Brown Sugar Maple with Ancient Grains	40	160	4.0000
Nature's Path	Nature's Path Organic	Honey'd Corn Flakes	30	120	4.0000
Post	Honey Bunches of Oats	Morning Energy, Cinnamon Crunch	55	220	4.0000
General Mills	Cascadian Farm	Maple Brown Sugar Granola	55	220	4.0000
Post	Post Selects	Blueberry Morning	55	220	4.0000
Nature's Path	Environkids	Gorilla Munch Cereal	30	120	4.0000
General Mills	Chex	Vanilla Chex	30	120	4.0000
General Mills	Chex	Cinnamon Chex	30	120	4.0000
Nature's Path	Nature's Path Organic	Whole O's Cereal	30	120	4.0000
Post	Honey Bunches of Oats	Cinnamon Bunches	30	120	4.0000
Nature's Path	Environkids	Jungle Munch	30	120	4.0000
General Mills	Cheerios	Apple Cinnamon Cheerios	30	120	4.0000
Barbara's	Barbara's Classics	Honest O's Honey Nut	30	120	4.0000
Nature's Path	Chia Plus Granola	Sunrise Crunchy Cinnamon	30	120	4.0000
Post	Honey	Honey	30	120	4.0000

	Bunches of Oats	Roasted			
Nature's Path	Environkids	Amazon Frosted Flakes	30	120	4.0000
Barbara's	Morning Oat Crunch	Morning Oat Crunch Mini Blueberry Burst	55	220	4.0000
Post	Honey Bunches of Oats	Tropical Blends, Mango Coconut	30	120	4.0000
Post	Honey Bunches of Oats	Fruit Blends, Peach Raspberry	30	120	4.0000
Post	Honey Bunches of Oats	Fruit Blends, Banana Blueberry	30	120	4.0000
General Mills	Fiber One	Fiber One Protein Cranberry Almond	55	220	4.0000
Nature's Path	Nature's Path Organic	Sunrise Crunchy Honey	30	120	4.0000
Nature's Path	Environkids	Leapin Lemurs Cereal	30	120	4.0000
Post	Good Morenings	Waffle Crunch	30	120	4.0000
General Mills	Fiber One	Fiber One Protein Maple Brown Sugar	55	220	4.0000
Barbara's	Morning Oat Crunch	Morning Oat Crunch Vanilla Blast	55	220	4.0000
Kellogg's	Corn Pops		30	120	4.0000
General Mills	Cheerios	Yogurt Burst Cheerios	30	120	4.0000
Kellogg's	Krave	Double Chocolate	30	120	4.0000
Post	Pebbles	Poppin' Pebbles	30	120	4.0000
Kellogg's	New Option	Cinnabon	30	120	4.0000
Post	Alpha-Bits		30	120	4.0000
Kellogg's	Rice Krispies	Frosted Krispies	30	120	4.0000
Kellogg's	Frosted Flakes	Choco Zucaritas Chocolate cereal	30	120	4.0000
Post	Waffle Crisp		30	120	4.0000
Kellogg's	Rice Krispies	Treats	30	120	4.0000
General Mills	Cinnamon Toast Crunch	Frosted Toast Crunch	30	120	4.0000
General Mills	Cascadian Farm	Ancient Grains Granola	57	230	4.0351
Post	Great-Grains	Protein Blend Cinnamon Hazelnut	57	230	4.0351
Post	Great-Grains	Crunchy Pecans	52	210	4.0385
General Mills	Chex	Chocolate Chex	32	130	4.0625
Post	Honey Bunches of Oats	Honey Bunches of Oats with Almonds	32	130	4.0625
Post	Honeycomb		32	130	4.0625
General Mills	Cascadian Farm	Cinnamon Crunch	27	110	4.0741
Post	Post Sesame Street Cereal		27	110	4.0741
General	Lucky	Lucky Charms	27	110	4.0741

Mills	Charms				
Post	Pebbles	Summer Berry Pebbles	27	110	4.0741
Quaker	Honey Graham Oh's		27	110	4.0741
Post	Pebbles	Fruity Pebbles	27	110	4.0741
Quaker	Granola	Apple, Cranberry, and Almond	49	200	4.0816
Kellogg's	Cracklin' Oat Bran		49	200	4.0816
Quaker	Granola	Oats, Honey, Raisin, and Almond	51	210	4.1176
General Mills	Cascadian Farm	French Vanilla Almond Granola	58	240	4.1379
Post	Honey Bunches of Oats	Honey Bunches of Oats with Pecan Bunches	29	120	4.1379
Post	Pebbles	Cocoa Pebbles Xtreme	29	120	4.1379
Post	Pebbles	Cocoa Pebbles	29	120	4.1379
Quaker	Granola	Oats, Honey, and Almond	48	200	4.1667
General Mills	Cascadian Farm	Dark Chocolate Almond Granola	60	250	4.1667
General Mills	Cascadian Farm	Oats and Honey Granola	55	230	4.1818
Nature's Path	Nature's Path Organic	Heritage Crunch	55	230	4.1818
Barbara's	Morning Oat Crunch	Morning Oat Crunch Cinnamon	55	230	4.1818
Barbara's	Morning Oat Crunch	Morning Oat Crunch Cinnamon	55	230	4.1818
General Mills	Chex	Chex Apple Cinnamon	31	130	4.1935
General Mills	Cinnamon Toast Crunch	Peanut Butter Toast Crunch	31	130	4.1935
General Mills	Cinnamon Toast Crunch	Cinnamon Toast Crunch	31	130	4.1935
Nature's Path	Oatmeal	Maple Nut Hot Oatmeal	50	210	4.2000
Nature's Path	Granola	Flax Plus Hot Oatmeal	50	210	4.2000
Nature's Path	Oatmeal	Apple Cinnamon Hot Cereal	50	210	4.2000
Nature's Path	Oatmeal	Gluten Free Selections Homestyle	40	170	4.2500
Nature's Path	Oatmeal	Gluten Free Selections Spiced Apple with Flax	40	170	4.2500
Quaker	Medleys Multigrain	Cherry Almond Pecan	56	240	4.2857
Quaker	Medleys Multigrain	Peach Apple Walnut	56	240	4.2857
Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Cereal Apple Cinnamon	30	130	4.3333

Nature's Path	Love Crunch	Love Crunch Carrot Cake	30	130	4.3333
Nature's Path	Love Crunch	Love Crunch Gingerbread	30	130	4.3333
Nature's Path	Environkids	Panda Puffs Cereal	30	130	4.3333
Post	Honey Bunches of Oats	Just Bunches! Honey Roasted	57	250	4.3860
Nature's Path	Kirkland Signature	Ancient Grains Granola with Almonds	55	250	4.5455
Nature's Path	Granola	Vanilla Almond Flax Plus Granola	55	250	4.5455
Nature's Path	Granola	Pomegran Cherry Granola	55	250	4.5455
Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Original Flavor	30	140	4.6667
Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Cereal Cranberry Vanilla	30	140	4.6667
Nature's Path	Love Crunch	Love Crunch Dark Chocolate & Red Berries	30	140	4.6667
Nature's Path	Love Crunch	Love Crunch Apple Crumble	30	140	4.6667
Nature's Path	Granola	Gluten Free Selections Fruit and Nut Granola	30	140	4.6667
Nature's Path	Granola	Gluten Free Selections Honey Almond Granola	30	140	4.6667
Nature's Path	Granola	Gluten Free Selections Summer Berries Granola	30	140	4.6667
Nature's Path	Granola	Peanut Butter Granola	55	260	4.7273
Nature's Path	Hemp Plus Granola	Hemp Plus Granola	55	260	4.7273
Nature's Path	Granola	Pumpkin Flax Plus Granola	55	260	4.7273
Nature's Path	Chia Plus Granola	Chia Plus Coconut Chia Granola	55	270	4.9091
Nature's Path	Love Crunch	Love Crunch Dark Chocolate Macaroon	30	150	5.0000
Nature's Path	Love Crunch	Love Crunch Aloha Blend	30	150	5.0000



## DietDetective.com Cereal Health Rankings Milligrams of Sodium Per Gram of Cereal

Ranking	Company	Brand	Cereal Name	Sodium Per Gram
1	Nature's Path	Nature's Path Organic	Millet Puffs	0.00
2	Nature's Path	Nature's Path Organic	KAMUT Puffs	0.00
3	Nature's Path	Nature's Path Organic	Rice Puffs	0.00
4	Quaker	Puffed Wheat		0.00
5	Quaker	Puffed Rice		0.00
6	Nature's Path	Nature's Path Organic	Corn Puffs	0.00
7	Kashi	7 Whole Grain Cereals	Puffs	0.00
8	Quaker	Quisp		0.00
9	Kashi	7 Whole Grain Cereals	Honey Puffs	0.00
10	Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Cereal Apple Cinnamon	0.00
11	Barbara's	Shredded Wheat	Shredded Wheat	0.00
12	Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Original Flavor	0.00
13	Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Cereal Cranberry Vanilla	0.00
14	Nature's Path	Granola	Gluten Free Selections Fruit and Nut Granola	0.00
15	Quaker	Oats	Old Fashioned	0.00
16	Nature's Path	Oatmeal	Gluten Free Selections Homestyle	0.00
17	Post	Post Shredded Wheat	Original Spoon Size	0.00
18	Kashi	Whole Wheat Biscuits	Berry Fruitful Cereal	0.00
19	Kashi	Whole Wheat Biscuits	Autumn Wheat	0.00
20	Kashi	Whole Wheat Biscuits	Cinnamon Harvest	0.00
21	Nature's Path	Oatmeal	Original Hot Oatmeal	0.00
22	Kellogg's	Frosted Mini-Wheat	Unfrosted Bite Size	0.00
23	Kellogg's	Frosted Mini-Wheat	Bite Size	0.00
24	Kellogg's	Frosted Mini-Wheat	Touch of Fruit in the Middle Raisin	0.00
25	Kellogg's	Frosted Mini-Wheat	Blueberry	0.00
26	Kellogg's	Frosted Mini-Wheat	Strawberry	0.00
27	Kellogg's	Frosted Mini-	Maple Brown Sugar	0.00

		Wheat		
28	Post	Post Shredded Wheat	Spoon Size Wheat'n Bran	0.00
29	Kellogg's	Frosted Mini-Wheat	Little Bites Original	0.00
30	Kellogg's	Frosted Mini-Wheat	Big Bite	0.00
31	Kashi	Whole Wheat Biscuits	Island Vanilla	0.09
32	Post	Honey Bunches of Oats	Just Bunches! Honey Roasted	0.18
33	Kellogg's	Frosted Mini-Wheat	Touch of Fruit in the Middle Raspberry	0.18
34	Quaker	Granola	Apple, Cranberry, and Almond	0.51
35	Quaker	Granola	Oats, Honey, and Almond	0.52
36	Quaker	Granola	Oats, Honey, Raisin, and Almond	0.59
37	Barbara's	Barbara's Classics	Honest O's Multigrain	0.67
38	Quaker	Medleys Multigrain	Cherry Almond Pecan	0.71
39	Quaker	Medleys Multigrain	Peach Apple Walnut	0.80
40	Nature's Path	Granola	Pumpkin Flax Plus Granola	0.82
41	Nature's Path	Hemp Plus Granola	Hemp Plus Granola	0.82
42	Nature's Path	Chia Plus Granola	Chia Plus Coconut Chia Granola	0.91
43	Post	Golden Crisp		0.93
44	Post	Post Shredded Wheat	Spoon Size Honey Nut	1.02
45	Nature's Path	Granola	Pomegran Cherry Granola	1.09
46	Nature's Path	Granola	Peanut Butter Granola	1.36
47	Nature's Path	Granola	Vanilla Almond Flax Plus Granola	1.45
48	Kellogg's	Honey Smacks		1.48
49	Nature's Path	Love Crunch	Love Crunch Carrot Cake	1.50
50	General Mills	Cascadian Farm	Fruit and Nut Granola	1.61
51	Post	Grape-Nuts	Fit	1.64
52	Nature's Path	Love Crunch	Love Crunch Gingerbread	1.67
53	Nature's Path	Love Crunch	Love Crunch Apple Crumble	1.67
54	Nature's Path	Love Crunch	Love Crunch Dark Chocolate Macaroon	1.67
55	Kashi	GoLean	Vanilla Graham Clusters	1.67
56	General Mills	Cascadian Farm	French Vanilla Almond Granola	1.72
57	Kashi	GoLean	Original	1.73

58	General Mills	Cascadian Farm	Ancient Grains Granola	1.75
59	General Mills	Cascadian Farm	Oats and Honey Granola	1.82
60	Nature's Path	Love Crunch	Love Crunch Dark Chocolate & Red Berries	1.83
61	Nature's Path	Granola	Gluten Free Selections Summer Berries Granola	1.83
62	Nature's Path	Love Crunch	Love Crunch Aloha Blend	1.83
63	Kashi	GoLean	Crunch!	1.89
64	Nature's Path	Nature's Path Organic	Heritage Muesli-Raspberry Hazelnut & Ancient Grains	1.91
65	Nature's Path	Oatmeal	Gluten Free Selections Brown Sugar Maple with Ancient Grains	2.00
66	Nature's Path	Oatmeal	MultiGrain Raisin Spice Hot Oatmeal	2.00
67	Nature's Path	Oatmeal	Apple Cinnamon Hot Cereal	2.00
68	Nature's Path	Oatmeal	Maple Nut Hot Oatmeal	2.00
69	Kashi	7 Whole Grain Cereals	Good Friends, Original	2.08
70	Nature's Path	Granola	Gluten Free Selections Honey Almond Granola	2.17
71	Post	Great-Grains	Cranberry Almond Crunch	2.19
72	Kellogg's	Special K	Low Fat Granola, Touch of Honey	2.21
73	Nature's Path	Oatmeal	Gluten Free Selections Spiced Apple with Flax	2.25
74	Post	Great-Grains	Digestive Blends Vanilla Graham	2.36
75	Nature's Path	Nature's Path Organic	Heritage Muesli Wild Blueberry Almond & Ancient Grains	2.36
76	General Mills	Cascadian Farm	Maple Brown Sugar Granola	2.36
77	Post	Great-Grains	Banana Nut Crunch	2.37
78	Kashi	GoLean Crisp	Cinnamon Crumble	2.45
79	Kashi	GoLean Crisp	Toasted Berry Crumble	2.45
80	Kashi	Heart to Heart	Oat Flakes and Blueberry Clusters	2.45
81	Post	Great-Grains	Raisins, Dates, and Pecans	2.45
82	Nature's Path	Kirkland Signature	Ancient Grains Granola with Almonds	2.45
83	Kellogg's	Granola	Low-fat Granola multigrain with raisins	2.50
84	Barbara's	High Fiber Medley	Barbara's	2.55
85	Barbara's	High Fiber Medley	High Fiber Cranberry	2.55
86	General Mills	Wheaties	Wheaties Fuel	2.55
87	Barbara's	High Fiber Medley	High Fiber Flax and Granola	2.55
88	Kellogg's	Mueslix		2.55
89	Post	Great-Grains	Digestive Blends Berry Medley	2.55
90	Barbara's	Morning Oat Crunch	Morning Oat Crunch Mini Blueberry Burst	2.55
91	General Mills	Fiber One	Fiber One Protein Cranberry Almond	2.55
92	Kellogg's	Granola	Low-fat Granola multigrain	2.55
93	Kashi	Heart to Heart	Warm Cinnamon	2.58

94	Kellogg's	All-Bran		2.58
95	Post	Honey Bunches of Oats	Greek Mixed Berry	2.59
96	Nature's Path	Oatmeal	Hemp Plus Hot Oatmeal	2.63
97	Kashi	GoLean	Crunch! Honey Almond Flax	2.64
98	Barbara's	Barbara's Classics	Corn Flakes	2.67
99	Barbara's	Puffins	Multigrain Puffins	2.67
100	Barbara's	Snackimals	Snackimals Vanilla Blast Cereal	2.67
101	Barbara's	Snackimals	Snackimals Cinnamon Crunch Cereal	2.67
102	Barbara's	Snackimals	Snackimals Chocolate Crisp Cereal	2.67
103	Barbara's	Barbara's Classics	Honest O's Original	2.67
104	Barbara's	Puffins	Honey Rice Puffins	2.67
105	Nature's Path	Environkids	Jungle Munch	2.67
106	Nature's Path	Environkids	Gorilla Munch Cereal	2.67
107	Barbara's	Barbara's Classics	Honest O's Honey Nut	2.67
108	Post	Honey Bunches of Oats	Morning Energy, Chocolately Almond Crunch	2.68
109	Post	Honey Bunches of Oats	Vanilla Bunches	2.68
110	Kashi	Heart to Heart	Honey Toasted Oat	2.73
111	Nature's Path	Nature's Path Organic	Flax Plus Pumpkin Raisin	2.73
112	General Mills	Fiber One	Fiber One Protein Maple Brown Sugar	2.73
113	Post	Honey Bunches of Oats	Morning Energy, Cinnamon Crunch	2.73
114	Kellogg's	Cracklin' Oat Bran		2.76
115	Post	Honey Bunches of Oats	Greek Honey Crunch	2.76
116	Kashi	Raisin Vineyard		2.80
117	Nature's Path	Granola	Flax Plus Hot Oatmeal	2.80
118	Post	Great-Grains	Crunchy Pecans	2.88
119	Nature's Path	Nature's Path Organic	Flax Plus Red Berry Crunch	2.91
120	General Mills	Cascadian Farm	Purely O's	3.00
121	Nature's Path	Environkids	Choco Chimps	3.00
122	Nature's Path	Oatmeal	Optimum Power Blueberry Cinnamon Flax Hot Oatmeal	3.00
123	Kashi	7 Whole Grain Cereals	Flakes	3.00

124	General Mills	Cascadian Farm	Dark Chocolate Almond Granola	3.00
125	General Mills	Cascadian Farm	Hearty Morning Fiber	3.09
126	Barbara's	Barbara's Classics	Brown Rice Crisps	3.17
127	Kellogg's	Krave	Double Chocolate	3.17
128	Post	Mini Cinnamon Churros		3.18
129	Kellogg's	Krave	Chocolate	3.23
130	Nature's Path	Environkids	Koala Crisp Cereal	3.33
131	Kellogg's	Krave	S'Mores	3.39
132	General Mills	Cascadian Farm	Chocolate O's	3.39
133	Quaker	Oatmeal Squares	Cinnamon	3.39
134	Quaker	Oatmeal Squares	Brown Sugar	3.39
135	Quaker	Oatmeal Squares	Honey Nut	3.39
136	Quaker	Oatmeal Squares	Golden Maple	3.39
137	General Mills	Total	Total Raisin Bran	3.40
138	Nature's Path	Nature's Path Organic	Flax Plus Raisin Bran Flakes	3.45
139	Barbara's	Squarefuls	Multigrain Squarefuls	3.45
140	Kashi	Strawberry Fields		3.45
141	Nature's Path	Nature's Path Organic	Flax Plus Maple Pecan Crunch	3.45
142	Post	Great-Grains	Protein Blend Honey, Oats and Seeds	3.45
143	Post	Post Selects	Blueberry Morning	3.45
144	Post	Honey Bunches of Oats	Raisin Medley	3.46
145	Barbara's	Puffins	Peanut Butter and Chocolate Puffins	3.50
146	Nature's Path	Nature's Path Organic	Honey'd Corn Flakes	3.50
147	Kellogg's	Corn Pops		3.50
148	Post	Great-Grains	Protein Blend Cinnamon Hazelnut	3.51
149	Kellogg's	Raisin Bran		3.56
150	Kellogg's	Raisin Bran	Omega-3 from Flaxseed	3.58
151	General Mills	Fiber One	Fiber One Raisin Bran Clusters	3.64
152	Nature's Path	Nature's Path Organic	Mesa Sunrise Flakes with Raisins	3.64
153	General Mills	Fiber One	Fiber One	3.67
154	Nature's Path	Nature's Path Organic	Multigrain Oatbran Cereal	3.67
155	Kellogg's	Rice Krispies	Frosted Krispies	3.67

156	Quaker	Crisps	Toasted Multigrain Crisps	3.68
157	Kellogg's	Frosted Mini-Wheat	Little Bites Chocolate	3.75
158	Kellogg's	Raisin Bran	Crunch	3.77
159	Kellogg's	Raisin Bran	Cinnamon Almond	3.79
160	General Mills	Fiber One	Fiber One Nutty Clusters and Almonds	3.82
161	General Mills	Cascadian Farm	Cinnamon Raisin Granola	3.82
162	Barbara's	Morning Oat Crunch	Morning Oat Crunch Vanilla Blast	3.82
163	Nature's Path	Nature's Path Organic	Heritage Crunch	3.82
164	Post	Post Shredded Wheat	Original Big Biscuit	3.83
165	Nature's Path	Nature's Path Organic	Oaty Bites	3.83
166	Nature's Path	Nature's Path Organic	Heritage O's	3.83
167	Nature's Path	Nature's Path Organic	Whole O's Cereal	3.83
168	Nature's Path	Nature's Path Organic	Millet Rice Fruit Juice Sweetened	3.83
169	General Mills	Cheerios	Apple Cinnamon Cheerios	3.83
170	Nature's Path	Environkids	Amazon Frosted Flakes	3.83
171	Nature's Path	Environkids	Leapin Lemurs Cereal	3.83
172	Kellogg's	New Option	Cinnabon	3.83
173	Post	Waffle Crisp		3.83
174	General Mills	Cheerios	Honey Nut Cheerios Medley Crunch	3.87
175	General Mills	Cascadian Farm	Cinnamon Crunch	3.89
176	Post	Post Raisin Bran		3.90
177	General Mills	Cheerios	Cinnamon Burst Cheerios	3.91
178	Kellogg's	Froot Loops	Marshmallow	3.97
179	Nature's Path	Oatmeal	Optimum Cranberry Ginger Hot Oatmeal	4.00
180	Barbara's	Morning Oat Crunch	Morning Oat Crunch Cinnamon	4.00
181	Barbara's	Morning Oat Crunch	Morning Oat Crunch Cinnamon	4.00
182	Post	Honey Bunches of Oats	Honey Bunches of Oats with Real Strawberries	4.03
183	Kashi	Corn Flakes	Simply Maize	4.07
184	General Mills	Cheerios	Multi Grain Cheerios	4.14
185	Kashi	7 Whole Grain Cereals	Kashi Squares, Berry Blossoms	4.17
186	Nature's Path	Nature's Path Organic	Fruit Juice Sweetened Corn Flakes	4.17
187	Nature's Path	Nature's Path Organic	Mesa Sunrise Flakes	4.17

188	Nature's Path	Environkids	Panda Puffs Cereal	4.17
189	Nature's Path	Nature's Path Organic	Optimum Power Blueberry Cinnamon Flax Cereal	4.18
190	Kellogg's	Rice Krispies	Cocoa Krispies	4.19
191	Kellogg's	Smart Start	Original Antioxidants	4.20
192	Post	Honey Bunches of Oats	Honey Bunches of Oats with Almonds	4.22
193	General Mills	Fiber One	Fiber One Honey Clusters	4.23
194	Nature's Path	Nature's Path Organic	SmartBran Cereal	4.33
195	General Mills	Fiber One	Fiber One 80 Calories Chocolate Squares	4.33
196	Nature's Path	Nature's Path Organic	Sunrise Crunchy Maple	4.33
197	Nature's Path	Nature's Path Organic	Heritage Flakes	4.33
198	Nature's Path	Chia Plus Granola	Sunrise Crunchy Cinnamon	4.33
199	Kellogg's	Crunchy Nut	Golden Honey Nut Flakes	4.35
200	Kellogg's	Special K	Fruit and Yogurt	4.38
201	Kellogg's	Apple Jacks	Cinnamon Jacks	4.46
202	Kashi	7 Whole Grain Cereals	Nuggets	4.48
203	Kashi	7 Whole Grain Cereals	Squares, Honey Sunshine	4.50
204	Nature's Path	Flax Plus	Flax Plus Flakes	4.50
205	Nature's Path	Nature's Path Organic	Sunrise Crunchy Vanilla	4.50
206	Post	Honey Bunches of Oats	Tropical Blends, Mango Coconut	4.50
207	General Mills	Cinnamon Toast Crunch	Peanut Butter Toast Crunch	4.52
208	General Mills	Monsters	Franken Berry	4.55
209	General Mills	Monsters	Boo Berry	4.55
210	Barbara's	Morning Oat Crunch	Morning Oat Crunch Original	4.55
211	Barbara's	Morning Oat Crunch	Morning Oat Crunch Original	4.55
212	General Mills	Fiber One	Fiber One Caramel Delight	4.60
213	Kashi	Corn Flakes	Indigo Morning	4.63
214	Post	Post Sesame Street Cereal		4.63
215	General Mills	Cascadian Farm	Fruitful O's	4.64
216	General Mills	Cheerios	Multi Grain Cheerios Peanut Butter	4.64
217	Kellogg's	Apple Jacks		4.64
218	Post	Grape-Nuts	Flakes	4.66
219	Kellogg's	Froot Loops		4.66

220	Post	Grape-Nuts	Original	4.66
221	General Mills	Fiber One	Fiber One 80 Calories Honey Squares	4.67
222	General Mills	Total	Total	4.67
223	Kellogg's	Froot Loops	Treasures	4.67
224	Nature's Path	Nature's Path Organic	Flax Plus Cinnamon	4.67
225	Post	Honey Bunches of Oats	Fruit Blends, Banana Blueberry	4.67
226	Post	Honey Bunches of Oats	Cinnamon Bunches	4.67
227	Post	Honey Bunches of Oats	Fruit Blends, Peach Raspberry	4.67
228	Post	Honey Bunches of Oats	Honey Roasted	4.67
229	Quaker	Life	Cinnamon	4.69
230	Quaker	Life	Maple & Brown Sugar	4.69
231	General Mills	Cascadian Farm	Raisin Bran	4.73
232	General Mills	Monsters	Count Chocula	4.81
233	Kellogg's	Special K	Multigrain Oats and Honey	4.83
234	Post	Honey Bunches of Oats	Honey Bunches of Oats with Pecan Bunches	4.83
235	Barbara's	Puffins	Cinnamon Puffins	5.00
236	General Mills	Cheerios	Cheerios	5.00
237	General Mills	Cheerios	Dulce De Leche Cheerios	5.00
238	General Mills	Cheerios	Fruity Cheerios	5.00
239	Nature's Path	Nature's Path Organic	Heritage Bites	5.00
240	Quaker	Life	Original	5.00
241	Kellogg's	Frosted Flakes	Choco Zucaritas Chocolate cereal	5.00
242	Post	Pebbles	Poppin' Pebbles	5.00
243	General Mills	Kix	Berry Berry Kix	5.15
244	Kellogg's	Frosted Flakes		5.17
245	Post	Pebbles	Fruity Pebbles	5.19
246	Post	Pebbles	Summer Berry Pebbles	5.19
247	Nature's Path	Nature's Path Organic	Optimum Slim Low Fat Vanilla Cereal	5.27
248	Nature's Path	Nature's Path Organic	Crispy Rice Cereal	5.33
249	Nature's Path	Nature's Path Organic	Crispy Rice Cereal	5.33
250	Kellogg's	Frosted Flakes	Reduced Sugar	5.33



251	Nature's Path	Nature's Path Organic	Sunrise Crunchy Honey	5.33
252	Kellogg's	Special K	Chocolate Almond	5.36
253	General Mills	Trix	Trix	5.63
254	Post	Honeycomb		5.63
255	General Mills	Cascadian Farm	Honey Nut O's	5.67
256	General Mills	Cheerios	Yogurt Burst Cheerios	5.67
257	General Mills	Cinnamon Toast Crunch	Frosted Toast Crunch	5.67
258	Kellogg's	Rice Krispies	Treats	5.67
259	General Mills	Cheerios	Banana Nut Cheerios	5.71
260	General Mills	Cheerios	Honey Nut Cheerios	5.71
261	General Mills	Lucky Charms	Chocolate Lucky Charms	5.71
262	General Mills	Chex	Wheat Chex	5.74
263	General Mills	Kix	Honey Kix	5.76
264	Kellogg's	Rice Krispies		5.76
265	Kellogg's	Special K	Chocolatey Delight	5.81
266	General Mills	Cinnamon Toast Crunch	Cinnamon Toast Crunch	5.81
267	Post	Pebbles	Cocoa Pebbles	5.86
268	Post	Pebbles	Cocoa Pebbles Xtreme	5.86
269	Kellogg's	Special K	Protein	5.94
270	Post	Post Bran Flakes		6.00
271	General Mills	Kix	Kix	6.00
272	Kellogg's	Rice Krispies	Gluten Free	6.00
273	General Mills	Chex	Cinnamon Chex	6.00
274	Post	Good Morenings	Waffle Crunch	6.00
275	Post	Alpha-Bits		6.00
276	Kellogg's	Special K	Multi-Grain	6.13
277	Kellogg's	Special K	Red Berries	6.13
278	General Mills	Chex	Chex Apple Cinnamon	6.13
279	Kellogg's	Crispix		6.21
280	Kellogg's	Special K	Chocolatey Strawberry	6.21
281	Barbara's	Spoonfuls	Multigrain Spoonfuls	6.25
282	General Mills	Chex	Honey Nut Chex	6.25
283	General Mills	Chex	Chocolate Chex	6.25

284	General Mills	Cheerios	Frosted Cheerios	6.30
285	General Mills	Cheerios	Chocolate Cheerios	6.30
286	General Mills	Lucky Charms	Lucky Charms	6.30
287	Quaker	Honey Graham Oh's		6.30
288	Barbara's	Barbara's Classics	Toasted Oatmeal Flakes	6.33
289	Kellogg's	Special K	Cinnamon Pecan	6.33
290	General Mills	Chex	Vanilla Chex	6.33
291	Kellogg's	All-Bran	Bran Buds	7.00
292	Barbara's	Puffins	Original Puffins	7.04
293	General Mills	Wheaties	Wheaties	7.04
294	General Mills	Chex	Corn Chex	7.10
295	Kellogg's	Corn Flakes		7.14
296	Kellogg's	All-Bran	Complete Wheat Flakes	7.24
297	Kellogg's	New Option	Product 19	7.33
298	Barbara's	Barbara's Classics	Peanut Butter Puffins	7.67
299	Quaker	Crunch	Corn Bran Crunch	7.78
300	General Mills	Chex	Rice Chex	8.15
301	Quaker	King Vitamin		8.39

# DietDetective.com Cereal Survey and Health Rankings

## Grams of Sugar Per Gram of Cereal

Company	Brand	Cereal Name	Sugar per grams
General Mills	Fiber One	Fiber One	0.00
Quaker	Puffed Rice		0.00
Kellogg's	Frosted Mini-Wheat	Unfrosted Bite Size	0.00
Post	Post Shredded Wheat	Original Big Biscuit	0.00
Kashi	7 Whole Grain Cereals	Puffs	0.00
Nature's Path	Oatmeal	Gluten Free Selections Homestyle	0.00
Nature's Path	Nature's Path Organic	Corn Puffs	0.00
Quaker	Puffed Wheat		0.00
Post	Post Shredded Wheat	Spoon Size Wheat'n Bran	0.00
Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Original Flavor	0.00
Post	Post Shredded Wheat	Original Spoon Size	0.00
Nature's Path	Nature's Path Organic	Millet Puffs	0.00
Barbara's	Shredded Wheat	Shredded Wheat	0.00
Nature's Path	Nature's Path Organic	Rice Puffs	0.00
Nature's Path	Nature's Path Organic	KAMUT Puffs	0.00
Nature's Path	Oatmeal	Original Hot Oatmeal	0.02
Quaker	Oats	Old Fashioned	0.03
Kellogg's	Rice Krispies	Gluten Free	0.03
Barbara's	Barbara's Classics	Brown Rice Crisps	0.03
General Mills	Cascadian Farm	Purely O's	0.03
Barbara's	Barbara's Classics	Honest O's Original	0.03
General Mills	Cheerios	Cheerios	0.04
Post	Post Sesame Street Cereal		0.04
Kashi	7 Whole Grain Cereals	Nuggets	0.05
Nature's Path	Nature's Path Organic	Crispy Rice Cereal	0.07
Nature's Path	Nature's Path Organic	Crispy Rice Cereal	0.07
General Mills	Chex	Rice Chex	0.07
Post	Grape-Nuts	Original	0.09
General Mills	Chex	Corn Chex	0.10
General Mills	Fiber One	Fiber One 80 Calories Honey Squares	0.10
General Mills	Kix	Kix	0.10
Barbara's	Barbara's Classics	Corn Flakes	0.10
Nature's Path	Nature's Path Organic	Fruit Juice Sweetened Corn Flakes	0.10
Nature's Path	Nature's Path Organic	Heritage Bites	0.10
Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Cereal Apple Cinnamon	0.10
Nature's Path	Nature's Path Organic	Heritage O's	0.10
Nature's Path	Qi'a Superfood	Chia, Buckwheat & Hemp Cereal Cranberry Vanilla	0.10
Kellogg's	Crispix		0.10
General Mills	Chex	Wheat Chex	0.11
Kellogg's	Corn Flakes		0.11
Nature's Path	Nature's Path Organic	Optimum Slim Low Fat Vanilla Cereal	0.11

Nature's Path	Nature's Path Organic	Heritage Crunch	0.11
Kashi	7 Whole Grain Cereals	Flakes	0.12
Kellogg's	Rice Krispies		0.12
Kashi	Whole Wheat Biscuits	Autumn Wheat	0.13
Kellogg's		Product 19	0.13
Nature's Path	Nature's Path Organic	Whole O's Cereal	0.13
Nature's Path	Nature's Path Organic	Honey'd Corn Flakes	0.13
Nature's Path	Nature's Path Organic	Multigrain Oatbran Cereal	0.13
Nature's Path	Nature's Path Organic	Mesa Sunrise Flakes	0.13
Nature's Path	Nature's Path Organic	Heritage Flakes	0.13
Nature's Path	Nature's Path Organic	Millet Rice Fruit Juice Sweetened	0.13
Nature's Path	Flax Plus	Flax Plus Flakes	0.13
Post	Grape-Nuts	Flakes	0.14
Post	Great-Grains	Protein Blend Honey, Oats and Seeds	0.15
Kashi	Whole Wheat Biscuits	Berry Fruitful Cereal	0.15
Barbara's	High Fiber Medley	Barbara's	0.15
General Mills	Wheaties	Wheaties	0.15
Nature's Path	Oatmeal	Hemp Plus Hot Oatmeal	0.15
Post	Great-Grains	Digestive Blends Vanilla Graham	0.15
Kashi	Heart to Heart	Warm Cinnamon	0.15
Kashi	Heart to Heart	Honey Toasted Oat	0.15
Post	Great-Grains	Crunchy Pecans	0.15
Post	Grape-Nuts	Fit	0.16
Barbara's	Spoonfuls	Multigrain Spoonfuls	0.16
Quaker	Crisps	Toasted Multigrain Crisps	0.16
Post	Great-Grains	Protein Blend Cinnamon Hazelnut	0.16
Quaker	Oatmeal Squares	Brown Sugar	0.16
Quaker	Oatmeal Squares	Golden Maple	0.16
Quaker	Oatmeal Squares	Cinnamon	0.16
Quaker	Oatmeal Squares	Honey Nut	0.16
Post	Great-Grains	Digestive Blends Berry Medley	0.16
Nature's Path	Kirkland Signature	Ancient Grains Granola with Almonds	0.16
General Mills	Cascadian Farm	Hearty Morning Fiber	0.16
Barbara's	High Fiber Medley	High Fiber Flax and Granola	0.16
Nature's Path	Nature's Path Organic	Heritage Muesli Wild Blueberry Almond & Ancient Grains	0.16
Nature's Path	Granola	Peanut Butter Granola	0.16
Barbara's	Squarefuls	Multigrain Squarefuls	0.16
Nature's Path	Nature's Path Organic	Heritage Muesli-Raspberry Hazelnut & Ancient Grains	0.16
Nature's Path	Nature's Path Organic	Optimum Power Blueberry Cinnamon Flax Cereal	0.16
Nature's Path	Chia Plus Granola	Chia Plus Coconut Chia Granola	0.16
Kashi	Whole Wheat Biscuits	Island Vanilla	0.16
Kashi	Whole Wheat Biscuits	Cinnamon Harvest	0.16
General Mills	Total	Total	0.17
Post	Post Bran Flakes		0.17
General Mills	Fiber One	Fiber One 80 Calories Chocolate Squares	0.17
Nature's Path	Nature's Path Organic	Oaty Bites	0.17
Barbara's	Barbara's Classics	Honest O's Multigrain	0.17

Nature's Path	Nature's Path Organic	Flax Plus Cinnamon	0.17
Post	Great-Grains	Banana Nut Crunch	0.17
Kellogg's	All-Bran	Complete Wheat Flakes	0.17
General Mills	Fiber One	Fiber One Honey Clusters	0.17
Kashi	GoLean	Original	0.17
Kellogg's	Special K	Low Fat Granola, Touch of Honey	0.17
General Mills	Cascadian Farm	Ancient Grains Granola	0.18
Kashi	GoLean Crisp	Cinnamon Crumble	0.18
Kashi	GoLean	Vanilla Graham Clusters	0.18
General Mills	Kix	Honey Kix	0.18
Kellogg's	Frosted Mini-Wheat	Touch of Fruit in the Middle Raspberry	0.18
Nature's Path	Nature's Path Organic	Flax Plus Red Berry Crunch	0.18
Kellogg's	Frosted Mini-Wheat	Touch of Fruit in the Middle Raisin	0.18
Nature's Path	Granola	Vanilla Almond Flax Plus Granola	0.18
Nature's Path	Hemp Plus Granola	Hemp Plus Granola	0.18
Nature's Path	Granola	Pumpkin Flax Plus Granola	0.18
Nature's Path	Nature's Path Organic	Flax Plus Maple Pecan Crunch	0.18
Barbara's	Puffins	Original Puffins	0.19
Post	Honey Bunches of Oats	Honey Bunches of Oats with Almonds	0.19
Quaker	Life	Original	0.19
Kashi	7 Whole Grain Cereals	Good Friends, Original	0.19
Quaker	King Vitamin		0.19
Kellogg's	Special K	Multi-Grain	0.19
Kellogg's	All-Bran		0.19
Kellogg's	Frosted Mini-Wheat	Little Bites Original	0.20
General Mills	Fiber One	Fiber One Caramel Delight	0.20
Post	Honey Bunches of Oats	Honey Roasted	0.20
Post	Alpha-Bits		0.20
Post	Honey Bunches of Oats	Fruit Blends, Peach Raspberry	0.20
Post	Honey Bunches of Oats	Tropical Blends, Mango Coconut	0.20
Barbara's	Puffins	Multigrain Puffins	0.20
Post	Honey Bunches of Oats	Fruit Blends, Banana Blueberry	0.20
Barbara's	Puffins	Peanut Butter and Chocolate Puffins	0.20
Kashi	Strawberry Fields		0.20
Barbara's	Barbara's Classics	Peanut Butter Puffins	0.20
Post	Honey Bunches of Oats	Cinnamon Bunches	0.20
Barbara's	Puffins	Cinnamon Puffins	0.20
Nature's Path	Environkids	Amazon Frosted Flakes	0.20
Nature's Path	Love Crunch	Love Crunch Dark Chocolate & Red Berries	0.20
Nature's Path	Love Crunch	Love Crunch Aloha Blend	0.20
Nature's Path	Nature's Path Organic	SmartBran Cereal	0.20
Kashi	7 Whole Grain Cereals	Honey Puffs	0.20
Barbara's	High Fiber Medley	High Fiber Cranberry	0.20
Barbara's	Puffins	Honey Rice Puffins	0.20
Kashi	7 Whole Grain Cereals	Squares, Honey Sunshine	0.20
Nature's Path	Nature's Path Organic	Sunrise Crunchy Vanilla	0.20
Nature's Path	Love Crunch	Love Crunch Apple Crumble	0.20
Nature's Path	Oatmeal	Optimum Power Blueberry Cinnamon Flax Hot Oatmeal	0.20

Nature's Path	Oatmeal	Gluten Free Selections Brown Sugar Maple with Ancient Grains	0.20
Nature's Path	Granola	Flax Plus Hot Oatmeal	0.20
Post	Post Shredded Wheat	Spoon Size Honey Nut	0.20
Kellogg's	Frosted Mini-Wheat	Bite Size	0.20
Post	Honey Bunches of Oats	Honey Bunches of Oats with Pecan Bunches	0.21
General Mills	Cheerios	Multi Grain Cheerios	0.21
Kellogg's	Frosted Mini-Wheat	Big Bite	0.21
Quaker	Granola	Oats, Honey, and Almond	0.21
General Mills	Kix	Berry Berry Kix	0.21
Kellogg's	Frosted Mini-Wheat	Little Bites Chocolate	0.21
Post	Honey Bunches of Oats	Vanilla Bunches	0.21
Post	Honey Bunches of Oats	Morning Energy, Chocolately Almond Crunch	0.21
Kashi	GoLean Crisp	Toasted Berry Crumble	0.22
Nature's Path	Nature's Path Organic	Mesa Sunrise Flakes with Raisins	0.22
Post	Honey Bunches of Oats	Morning Energy, Cinnamon Crunch	0.22
Kashi	Heart to Heart	Oat Flakes and Blueberry Clusters	0.22
Kellogg's	Frosted Mini-Wheat	Maple Brown Sugar	0.22
Kellogg's	Frosted Mini-Wheat	Strawberry	0.22
General Mills	Fiber One	Fiber One Nutty Clusters and Almonds	0.22
Kellogg's	Frosted Mini-Wheat	Blueberry	0.22
Barbara's	Morning Oat Crunch	Morning Oat Crunch Original	0.22
Barbara's	Morning Oat Crunch	Morning Oat Crunch Original	0.22
Nature's Path	Nature's Path Organic	Flax Plus Raisin Bran Flakes	0.22
Kellogg's	Special K	Protein	0.22
Nature's Path	Oatmeal	Maple Nut Hot Oatmeal	0.22
Quaker	Crunch	Corn Bran Crunch	0.22
General Mills	Cheerios	Dulce De Leche Cheerios	0.22
Kashi	Corn Flakes	Indigo Morning	0.22
Kashi	Corn Flakes	Simply Maize	0.22
Post	Honey Bunches of Oats	Greek Mixed Berry	0.22
Post	Honey Bunches of Oats	Greek Honey Crunch	0.22
Nature's Path	Oatmeal	Gluten Free Selections Spiced Apple with Flax	0.23
Kashi	GoLean	Crunch! Honey Almond Flax	0.23
Post	Honey Bunches of Oats	Just Bunches! Honey Roasted	0.23
Kellogg's	Frosted Flakes	Reduced Sugar	0.23
Nature's Path	Environkids	Panda Puffs Cereal	0.23
Kellogg's	Special K	Cinnamon Pecan	0.23
General Mills	Cascadian Farm	Honey Nut O's	0.23
Nature's Path	Nature's Path Organic	Sunrise Crunchy Maple	0.23
Barbara's	Snackimals	Snackimals Vanilla Blast Cereal	0.23
Nature's Path	Love Crunch	Love Crunch Dark Chocolate Macaroon	0.23
Kashi	7 Whole Grain Cereals	Kashi Squares, Berry Blossoms	0.23
Nature's Path	Granola	Gluten Free Selections Honey Almond Granola	0.23
Barbara's	Snackimals	Snackimals Chocolate Crisp Cereal	0.23
Nature's Path	Chia Plus Granola	Sunrise Crunchy Cinnamon	0.23
Barbara's	Barbara's Classics	Toasted Oatmeal Flakes	0.23
Barbara's	Snackimals	Snackimals Cinnamon Crunch Cereal	0.23
Post	Great-Grains	Raisins, Dates, and Pecans	0.24

Nature's Path	Granola	Pomegran Cherry Granola	0.24
Nature's Path	Nature's Path Organic	Flax Plus Pumpkin Raisin	0.24
General Mills	Cascadian Farm	Raisin Bran	0.24
Kashi	Raisin Vineyard		0.24
Kashi	GoLean	Crunch!	0.25
Quaker	Life	Maple & Brown Sugar	0.25
Quaker	Life	Cinnamon	0.25
General Mills	Chex	Chocolate Chex	0.25
Post	Great-Grains	Cranberry Almond Crunch	0.25
Quaker	Medleys Multigrain	Peach Apple Walnut	0.25
General Mills	Fiber One	Fiber One Raisin Bran Clusters	0.25
General Mills	Wheaties	Wheaties Fuel	0.25
Kellogg's	Mueslix		0.25
General Mills	Cascadian Farm	Oats and Honey Granola	0.25
General Mills	Cascadian Farm	Maple Brown Sugar Granola	0.25
Barbara's	Morning Oat Crunch	Morning Oat Crunch Mini Blueberry Burst	0.25
Quaker	Granola	Oats, Honey, Raisin, and Almond	0.25
General Mills	Cinnamon Toast Crunch	Peanut Butter Toast Crunch	0.26
General Mills	Chex	Chex Apple Cinnamon	0.26
Post	Honey Bunches of Oats	Honey Bunches of Oats with Real Strawberries	0.26
General Mills	Cascadian Farm	French Vanilla Almond Granola	0.26
Quaker	Granola	Apple, Cranberry, and Almond	0.27
Nature's Path	Nature's Path Organic	Sunrise Crunchy Honey	0.27
Nature's Path	Environkids	Leapin Lemurs Cereal	0.27
General Mills	Chex	Vanilla Chex	0.27
General Mills	Chex	Cinnamon Chex	0.27
Kellogg's	All-Bran	Bran Buds	0.27
Nature's Path	Granola	Gluten Free Selections Summer Berries Granola	0.27
General Mills	Cascadian Farm	Dark Chocolate Almond Granola	0.27
Nature's Path	Environkids	Gorilla Munch Cereal	0.27
Nature's Path	Granola	Gluten Free Selections Fruit and Nut Granola	0.27
Nature's Path	Love Crunch	Love Crunch Carrot Cake	0.27
Quaker	Medleys Multigrain	Cherry Almond Pecan	0.27
Post	Honey Bunches of Oats	Raisin Medley	0.27
General Mills	Monsters	Franken Berry	0.27
General Mills	Monsters	Boo Berry	0.27
Barbara's	Morning Oat Crunch	Morning Oat Crunch Vanilla Blast	0.27
Barbara's	Morning Oat Crunch	Morning Oat Crunch Cinnamon	0.27
Barbara's	Morning Oat Crunch	Morning Oat Crunch Cinnamon	0.27
Nature's Path	Oatmeal	Optimum Cranberry Ginger Hot Oatmeal	0.28
Kellogg's	Special K	Chocolatey Strawberry	0.28
Kellogg's	Special K	Multigrain Oats and Honey	0.28
Kellogg's	Smart Start	Original Antioxidants	0.28
Nature's Path	Oatmeal	Apple Cinnamon Hot Cereal	0.28
General Mills	Cheerios	Cinnamon Burst Cheerios	0.28
General Mills	Chex	Honey Nut Chex	0.28
Kellogg's	Granola	Low-fat Granola multigrain with raisins	0.28

Kellogg's	Granola	Low-fat Granola multigrain	0.29
General Mills	Cascadian Farm	Chocolate O's	0.29
Kellogg's	Special K	Chocolate Almond	0.29
General Mills	Cascadian Farm	Fruitful O's	0.29
Kellogg's	Cracklin' Oat Bran		0.29
General Mills	Cascadian Farm	Fruit and Nut Granola	0.29
General Mills	Cinnamon Toast Crunch	Cinnamon Toast Crunch	0.29
General Mills	Cheerios	Honey Nut Cheerios Medley Crunch	0.29
Kellogg's	Special K	Red Berries	0.29
Kellogg's	Special K	Chocolatey Delight	0.29
General Mills	Fiber One	Fiber One Protein Cranberry Almond	0.29
General Mills	Fiber One	Fiber One Protein Maple Brown Sugar	0.29
Post	Post Selects	Blueberry Morning	0.29
General Mills	Cascadian Farm	Cinnamon Raisin Granola	0.29
General Mills	Cascadian Farm	Cinnamon Crunch	0.30
General Mills	Cinnamon Toast Crunch	Frosted Toast Crunch	0.30
Kellogg's	Corn Pops		0.30
Kellogg's	Rice Krispies	Treats	0.30
General Mills	Cheerios	Yogurt Burst Cheerios	0.30
Nature's Path	Love Crunch	Love Crunch Gingerbread	0.30
Nature's Path	Environkids	Jungle Munch	0.30
Nature's Path	Environkids	Choco Chimps	0.30
Post	Mini Cinnamon Churros		0.30
Kellogg's	Raisin Bran		0.31
Kellogg's	Raisin Bran	Cinnamon Almond	0.31
Post	Honeycomb		0.31
General Mills	Trix	Trix	0.31
Kellogg's	Special K	Fruit and Yogurt	0.31
Kellogg's	Raisin Bran	Omega-3 from Flaxseed	0.32
General Mills	Total	Total Raisin Bran	0.32
General Mills	Cheerios	Honey Nut Cheerios	0.32
General Mills	Cheerios	Banana Nut Cheerios	0.32
General Mills	Cheerios	Multi Grain Cheerios Peanut Butter	0.32
Kellogg's	Crunchy Nut	Golden Honey Nut Flakes	0.32
Kellogg's	Krave	S'Mores	0.32
Post	Pebbles	Fruity Pebbles	0.33
Post	Pebbles	Poppin' Pebbles	0.33
General Mills	Monsters	Count Chocula	0.33
Post	Pebbles	Summer Berry Pebbles	0.33
General Mills	Cheerios	Chocolate Cheerios	0.33
General Mills	Cheerios	Fruity Cheerios	0.33
General Mills	Cheerios	Apple Cinnamon Cheerios	0.33
Post	Good Morenings	Waffle Crunch	0.33
General Mills	Cheerios	Frosted Cheerios	0.33
Barbara's	Barbara's Classics	Honest O's Honey Nut	0.33
Post	Post Raisin Bran		0.34
Post	Pebbles	Cocoa Pebbles Xtreme	0.34



Post	Pebbles	Cocoa Pebbles	0.34
Kellogg's	Frosted Flakes		0.34
Kellogg's	Krave	Chocolate	0.35
General Mills	Lucky Charms	Chocolate Lucky Charms	0.36
Kellogg's	Apple Jacks	Cinnamon Jacks	0.36
Kellogg's	Raisin Bran	Crunch	0.36
Nature's Path	Oatmeal	MultiGrain Raisin Spice Hot Oatmeal	0.36
Kellogg's	Krave	Double Chocolate	0.37
Nature's Path	Environkids	Koala Crisp Cereal	0.37
General Mills	Lucky Charms	Lucky Charms	0.37
Kellogg's	Rice Krispies	Cocoa Krispies	0.39
Kellogg's	Rice Krispies	Frosted Krispies	0.40
Post	Waffle Crisp		0.40
Kellogg's	Frosted Flakes	Choco Zucaritas Chocolate cereal	0.40
Kellogg's	New Option	Cinnabon	0.40
Kellogg's	Froot Loops	Treasures	0.40
Kellogg's	Froot Loops		0.41
Kellogg's	Apple Jacks		0.43
Quaker	Honey Graham Oh's		0.44
Quaker	Quisp		0.44
Kellogg's	Froot Loops	Marshmallow	0.48
Post	Golden Crisp		0.52
Kellogg's	Honey Smacks		0.56