

CEREAL

GUIDE

FOR KIDS



Life with
Substance

HEALTHY CEREAL OPTIONS FOR KIDS

Picking out a nutritious cereal can feel like a daunting task with the huge assortment to choose from. It can feel like an even more overwhelming task when trying to read all the nutrition labels with little ones constantly asking for something. That's why I did the work for you and found ones that you can feel good about offering your child.

WHAT TO LOOK FOR:

- 0-6 grams added sugar per serving
- 2+ grams fiber per serving
- 2+ grams protein per serving
- Whole grains as the main ingredient

Some cereals were included because they still provided a good source of protein and fiber although slightly higher amount of sugar.



Make it a complete meal by serving it with milk or a milk alternative and a side of fruit.

LESS THAN 6 GRAMS ADDED SUGAR PER SERVING

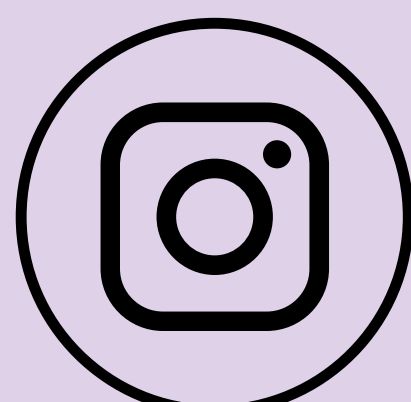
CEREAL	ADDED SUGAR	FIBER	PROTEIN
BARBARA'S PUFFINS ORIGINAL	6	6	3
BARBARA'S MULTIGRAIN SPOONFULS	5	7	5
KASHI HONEY TOASTED OAT CEREAL	6	5	4
KASHI WARM CINNAMON OAT CEREAL	6	5	4
RICE CHEX	3	2	3
CORN CHEX	4	2	3
WHEAT CHEX	6	8	6
CASCADIAN FARM NO SUGAR ADDED CINNAMON APPLE GRANOLA	0	5	5
CASCADIAN FARM THE FARMLAND PURELY O'S	<1	4	4
MOM'S BEST TOASTED WHEATFULS	0	8	7
POST SHREDDED WHEAT	0	8	7
CHEERIOS	1	4	5
KIX	4	3	3
EZEKIEL 4:9 CINNAMON RAISIN	1	5	7
WHEATIES	5	4	3
TOTAL	5	4	3
SUNRISE CRUNCHY CINNAMON	5	3	2
HERITAGE FLAKES	5	7	5
MESA SUNRISE	4	4	4
NATURE'S PATH CRISPY RICE	2	2	2
UNCLE SAM WHEAT BERRY FLAKES	1	11	9
THREE WISHES CINNAMON	3	3	8

NUTRITION FACTS ARE LISTED PER SERVING. SERVING SIZES VARY PER PRODUCT.

7-9 GRAMS ADDED SUGAR PER SERVING

CEREAL	ADDED SUGAR	FIBER	PROTEIN
KASHI GO COCONUT ALMOND CRUNCH	7	6	10
MOM'S BEST RAISIN BRAN CEREAL	8	8	5
QUAKER OATMEAL SQUARES - BROWN SUGAR AND CINNAMON	9	5	6
KASHI MAPLE WAFFLE CRISP	8	4	3
KELLOGG RAISIN BRAN	9	7	5
CASCADIAN FARMS - MULTIGRAIN SQUARES	9	5	6
GENERAL MILLS MULTIGRAIN CHEERIOS	8	3	3

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