

READY-TO-EAT CEREAL COMPARISONS*

Cereals	Serving Size	Calories	Protein (g)	Carbohydrates (g)	Added Sugars (g)	Fat (g)	Fiber (g)	Sodium (mg)	Nutrients (20% DV or more, unless otherwise noted)
HIGH FIBER (5 G OR MORE PER SERVING)									
Kellogg's All-Bran	⅔ cup	120	5	36	8	2	12	95	Iron, thiamin, riboflavin, niacin, vitamin B ₆ , folate, vitamin B ₁₂
Kellogg's Cracklin' Oat Bran	¾ cup	230	4	41	15	8	7	65	Iron, thiamin, riboflavin, niacin, vitamin B ₆ , folate, vitamin B ₁₂
Post Grape-Nuts Original	½ cup	200	6	47	0	1	7	280	Iron, thiamin, niacin, vitamin B ₆ , folate, phosphorus, zinc
Kellogg's Frosted Mini-Wheats Bite Size	25 biscuits	210	5	51	12	1.5	6	10	Iron, folate
Cascadian Farm Organic Multi-Grain Squares	1¼ cups	260	6	54	9	1.5	5	240	N/A**
HIGH PROTEIN (5 G OR MORE PER SERVING)									
Post Premier Protein Chocolate Almond	1 cup	180	20	14	4	5	2	260	N/A**
Kashi GO Peanut Butter Crunch	¾ cup	220	10	31	9	9	8	130	N/A**
GRANOLA AND MUESLI									
Bear Naked Granola Protein Honey Almond	½ cup	280	11	29	10	15	5	80	N/A**
Quaker Simply Granola, Oats, Honey, Raisins & Almonds	⅔ cup	270	7	51	9	7	7	35	N/A**
Quaker Protein Granola Oats, Chocolate & Almonds	¾ cup	250	10	41	11	6	4	75	N/A**
365 Whole Foods Market Organic Oat & Honey Granola	½ cup	240	5	40	15	7	3	50	N/A**
CHILDREN'S									
Kellogg's Fruit Loops	1½ cups	150	2	34	12	1.5	2	210	Iron, vitamin C, thiamin, riboflavin, niacin, vitamin B ₆ , folate, vitamin B ₁₂
Cascadian Farm Organic Gluten-Free Fruitful O's	1 cup	150	2	33	11	1.5	2	100	N/A**
Lucky Charms Magic Gems	1 cup	140	3	30	12	1.5	2	220	Vitamin D, iron, vitamin B ₆ , folate, vitamin B ₁₂ , zinc
Cheerios, Gluten-Free, Original	1½ cups	140	5	29	1	2.5	4	190	Vitamin D, iron, thiamin, vitamin B ₆ , vitamin B ₁₂
Kellogg's Frosted Flakes	1 cup	130	2	33	12	0	1	190	Iron, thiamin, riboflavin, niacin, vitamin B ₆ , folate***, vitamin B ₁₂

*SOURCE: COMPANY WEBSITES. THE PRODUCTS IN THIS CHART REPRESENT A SAMPLE OF THE READY-TO-EAT CEREALS ON THE MARKET, AND THE NUMBERS REFLECT DRY CEREAL AS PACKAGED.

**N/A. NO NUTRIENTS PRESENT AT 20% DV OR GREATER.

***FOLATE IS PRESENT AS FOLIC ACID IN ALL FORTIFIED CEREALS.