

## SAMPLE OF CEREALS THAT MEET THE SNP NUTRITION GUIDELINES

Grain Requirements: first ingredient must be whole grain, 8g of sugar or less per 30g serving, low in sodium if possible (140mg or less)

**Note:** Please review ingredient lists and allergens prior to serving to ensure peanut/nut free each time you purchase any product as allergen information may change.



**Cheerios**

1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 1g per 27g serving



**Multi-Grain Cheerios**

1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 6g per 30g serving



**All-Bran Multi-Grain Crunch**

1<sup>st</sup> ingredient: Whole Grain Oat Flour  
Sugar: 8g per 34g serving



**Oatmeal Squares**

1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 7g per 45g serving



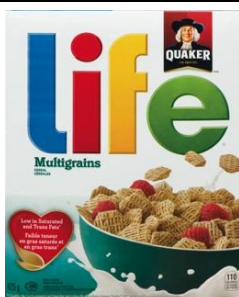
**Corn Squares**

1<sup>st</sup> ingredient: Corn Flour  
Sugar: 6g per 30g serving



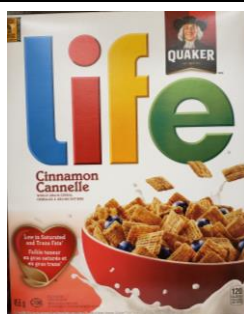
**Brown Rice Krispies (Gluten Free)**

1<sup>st</sup> ingredient: Whole Grain Brown Rice



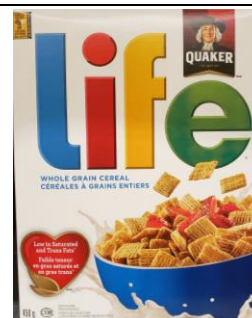
**Life Multigrains**

1<sup>st</sup> ingredient: Whole Grain Oat Flour  
Sugar: 5g per 30g serving



**Life Cinnamon**

1<sup>st</sup> ingredient: Whole Grain Oat Flour  
Sugar: 8g per 30g serving



**Life Original**

1<sup>st</sup> ingredient: Whole Grain Oat Flour  
Sugar: 6g per 30g serving

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**Special K Low Fat Granola**  
1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 10g per 54g serving



**Special K Red Berries Cereal**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 6g per 29g serving



**Special K Protein Granola**  
1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 9g per 50g serving



**Compliments Raisin Bran**  
1<sup>st</sup> ingredient: Wheat Bran  
Sugar: 15g per 55g serving



**Shreddies Original**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 9g per 55g serving



**Shreddies Honey**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 13g per 57g serving



**Shreddies Banana Bread**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 13g per 57g serving



**PC Wheat Squares**  
1<sup>st</sup> ingredient: Whole Grain Whole Wheat  
Sugar: 7g per 55g serving



**Mini Wheats Original**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 11g per 55g serving



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**Mini Wheats Brown Sugar**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 11g per 55g serving



**Mini Wheats Maple**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 12g per 56g serving



**Mini Wheats Raspberry Centers**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 10g per 55g serving



**Malt O' Meal Sweet Wheat Bundles**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 11g per 55g serving



**Great Value Frosted Shredded Wheat**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 5g per 54g serving



**PC Frosted Shredded Wheat**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 10g per 54g serving



**Kashi Organic Wheat Squares**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 7g per 54g serving



**Kashi Organic Cinnamon Squares**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 9g per 55g serving



**Shredded Wheat Original**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 0g per 47g serving

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**Shredded Wheat & Bran**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 0g per 47g serving



**Weetabix Cereal**  
1<sup>st</sup> ingredient: Whole Wheat  
Sugar: 2g per 35g serving



**Just Right**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 8g per 46g serving



**Chex Original (Gluten Free)**  
1<sup>st</sup> ingredient: Whole Grain Rice  
Sugar: 2g per 28g serving



**Chex Blueberry (Gluten Free)**  
1<sup>st</sup> ingredient: Whole Grain Rice  
Sugar: 7g per 30g serving



**Chex Cinnamon (Gluten Free)**  
1<sup>st</sup> ingredient: Whole Grain Rice  
Sugar: 6g per 31g serving



**All-Bran Flakes**  
1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 5g per 34g serving



**Selection Bran Flakes**  
1<sup>st</sup> ingredient: Wheat Bran  
Sugar: 4g per 30g serving



**Kashi Blueberry Flakes**  
1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 11g per 54g serving



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**Kashi Corn Flakes**

1<sup>st</sup> ingredient: Whole Grain Corn  
Sugar: 6g per 28g serving



**Honey Bunches of Oats Honey Roasted**

1<sup>st</sup> ingredient: Whole Corn  
Sugar: 11g per 53g serving



**Honey Bunches of Oats Strawberry**

1<sup>st</sup> ingredient: Whole Corn  
Sugar: 8g per 32g serving



**Fibre 1 Honey Clusters**

1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 7g per 54g serving



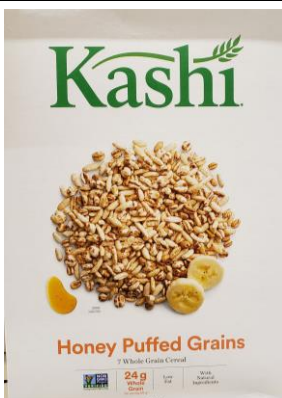
**Malt O' Meal Honey Oat Medley**

1<sup>st</sup> ingredient: Whole Corn  
Sugar: 6g per 30g serving



**PC Puffed Wheat Cereal**

1<sup>st</sup> ingredient: Whole Wheat  
Sugar: 0g per 15g serving



**Kashi Honey Puffed Grains**

1<sup>st</sup> ingredient: Whole Wheat  
Sugar: 7g per 32g serving



**Fibre 1 Crunchy Original**

1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 0g per 31g serving



**All-Bran Original**

1<sup>st</sup> ingredient: Whole Grain Wheat  
Sugar: 0g per 31g serving

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**Kashi Cereal Original**  
1<sup>st</sup> ingredient: Whole Grains  
Sugar: 8g per 58g serving



**Kashi Granola Crunch Cereal**  
1<sup>st</sup> ingredient: Whole Grains  
Sugar: 12g per 52g serving



**Kashi Cinnamon Granola Cereal**  
1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 9g per 50g serving



**Kashi Berry Crisp Granola Cereal**  
1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 11g per 51g serving