

## SAMPLE OF CEREALS THAT MEET THE SNP NUTRITION GUIDELINES

Grain Requirements: Whole grain/whole wheat/bran is first ingredient AND sodium is less than or equal to 10% daily value per serving AND sugar is less than or equal to 8 grams per 30 gram serving.

**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.

 <p><b>Cheerios</b> 1<sup>st</sup> ingredient: Whole Grain Oats Sugar: 1g per 27g serving Sodium: 7% DV</p>	 <p><b>Multi-Grain Cheerios</b> 1<sup>st</sup> ingredient: Whole Grain Oats Sugar: 6g per 30g serving Sodium: 8% DV</p>	 <p><b>Selection Toasted O's</b> 1<sup>st</sup> ingredient: Whole Grain Oat Flour Sugar: 1g per 30g serving Sodium: 6% DV</p>
 <p><b>Blueberry Cheerios</b> 1<sup>st</sup> ingredient: Whole Grain Oats Sugar: 8g per 28g serving Sodium: 5% DV</p>	 <p><b>PC Toasted Oat O's</b> 1<sup>st</sup> ingredient: Whole Grain Oat Flour Sugar: 1g per 24g serving Sodium: 6% DV</p>	 <p><b>Great Value Toasted O's</b> 1<sup>st</sup> ingredient: Whole Grain Oat Flour Sugar: 1g per 24g serving Sodium: 6% DV</p>
 <p><b>Oatmeal Squares</b> 1<sup>st</sup> ingredient: Whole Grain Oats Sugar: 7g per 45g serving Sodium: 7% DV</p>	 <p><b>Corn Squares</b> 1<sup>st</sup> ingredient: Corn Flour Sugar: 6g per 30g serving Sodium: 10% DV</p>	 <p><b>Brown Rice Krispies (Gluten Free)</b> 1<sup>st</sup> ingredient: Whole Grain Brown Rice Sugar: 1g per 32g serving Sodium: 8% DV</p>

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 <p><b>Life Multigrains</b>          1<sup>st</sup> ingredient: Oat Bran          Sugar: 5g per 30g serving          Sodium: 4% DV</p>	 <p><b>Life Cinnamon</b>          1<sup>st</sup> ingredient: Whole Grain Oats          Sugar: 8g per 32g serving          Sodium: 7% DV</p>	 <p><b>Life Original</b>          1<sup>st</sup> ingredient: Whole Grain Oats          Sugar: 6g per 30g serving          Sodium: 7% DV</p>
 <p><b>Special K Low Fat Granola</b>          1<sup>st</sup> ingredient: Whole Grain Oats          Sugar: 10g per 50g serving          Sodium: 5% DV</p>	 <p><b>Special K Protein Granola</b>          1<sup>st</sup> ingredient: Whole Grain Oats          Sugar: 9g per 50g serving          Sodium: 6% DV</p>	 <p><b>Made Good Strawberry Granola</b>          1<sup>st</sup> ingredient: Whole Grain Oats          Sugar: 9g per 55g serving          Sodium: 3% DV</p>
 <p><b>Shreddies Original</b>          1<sup>st</sup> ingredient: Whole Grain Wheat          Sugar: 9g per 55g serving          Sodium: 8% DV</p>	 <p><b>Shreddies Honey</b>          1<sup>st</sup> ingredient: Whole Grain Wheat          Sugar: 13g per 57g serving          Sodium: 8% DV</p>	 <p><b>Shreddies + Granola</b>          1<sup>st</sup> ingredient: Whole Grain Wheat          Sugar: 13g per 56g serving          Sodium: 7% DV</p>

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**PC Wheat Squares**  
 1<sup>st</sup> ingredient: Whole Grain Wheat  
 Sugar: 7g per 55g serving  
 Sodium: 8% DV



**Mini Wheats Original**  
 1<sup>st</sup> ingredient: Whole Grain Wheat  
 Sugar: 11g per 55g serving  
 Sodium: 0% DV



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



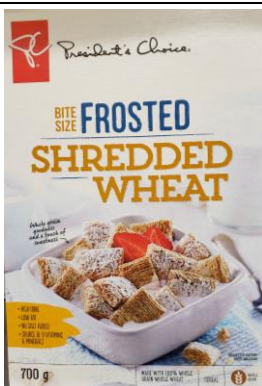
**Mini Wheats Brown Sugar**  
 1<sup>st</sup> ingredient: Whole Grain Wheat  
 Sugar: 11g per 54g serving  
 Sodium: 0% DV



**Mini Wheats Maple**  
 1<sup>st</sup> ingredient: Whole Grain Wheat  
 Sugar: 12g per 55g serving  
 Sodium: 0% DV



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



**PC Frosted Shredded Wheat**  
 1<sup>st</sup> ingredient: Whole Grain Wheat  
 Sugar: 5g per 60g serving  
 Sodium: 0% DV



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



**Kashi Organic Cinnamon Squares**  
 1<sup>st</sup> ingredient: Whole Grain Wheat  
 Sugar: 8g per 55g serving  
 Sodium: 0% DV

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



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



**Chex Original (Gluten Free)**  
 1<sup>st</sup> ingredient: Whole Grain Rice  
 Sugar: 2g per 28g serving  
 Sodium: 10% DV



**Chex Cinnamon (Gluten Free)**  
 1<sup>st</sup> ingredient: Whole Grain Rice  
 Sugar: 8g per 31g serving  
 Sodium: 8% DV



**All-Bran Flakes**  
 1<sup>st</sup> ingredient: Whole Grain Wheat  
 Sugar: 5g per 34g serving  
 Sodium: 9% DV



**Selection Bran Flakes**  
 1<sup>st</sup> ingredient: Wheat Bran  
 Sugar: 5g per 30g serving  
 Sodium: 9% DV



**Kashi Blueberry Flakes**  
 1<sup>st</sup> ingredient: Whole Grain Oats  
 Sugar: 11g per 54g serving  
 Sodium: 5% DV



**PC Puffed Wheat Cereal**  
 1<sup>st</sup> ingredient: Whole Wheat  
 Sugar: 0g per 15g serving  
 Sodium: 0% DV



**Honey Bunches of Oats Strawberry**  
 1<sup>st</sup> ingredient: Whole Corn  
 Sugar: 8g per 32g serving  
 Sodium: 5% DV

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**Fibre 1 Crunchy Original**  
 1<sup>st</sup> ingredient: Whole Grain Wheat  
 Sugar: 0g per 31g serving  
 Sodium: 4% DV



**All-Bran Original**  
 1<sup>st</sup> ingredient: Wheat Bran  
 Sugar: 7g per 36g serving  
 Sodium: 8% DV



**Kashi Berry Crisp Granola Cereal**  
 1<sup>st</sup> ingredient: Whole Grain Oats  
 Sugar: 11g per 51g serving  
 Sodium: 6% DV



**Kashi Cereal Original**  
 1<sup>st</sup> ingredient: Whole Grains  
 Sugar: 8g per 58g serving  
 Sodium: 6% DV



**Kashi Granola Crunch Cereal**  
 1<sup>st</sup> ingredient: Whole Grains  
 Sugar: 12g per 52g serving  
 Sodium: 4% DV



**Kashi Toasted Cinnamon Crisp**  
 1<sup>st</sup> ingredient: Whole Grain Oats  
 Sugar: 8g per 50g serving  
 Sodium: 6% DV