

Wholesome Cereals

Eat This

Not That!

**Kashi™ Vive™
Toasted Graham
& Vanilla**
(1 cup, 44 g)
136 calories
2 g fat (1 g saturated)
8 g sugars
9.5 g fiber

This unique and healthful powerhouse includes ginger and broccoli extract.

Nature's Path Heritage Heirloom Multigrain
(1 cup, 40 g)
160 calories
1.5 g fat (0 g saturated)
5.5 g sugars
8 g fiber
A mix of 7 different whole grains.

General Mills® Cheerios®
(1 cup, 28 g)
100 calories
2 g fat (0 g saturated)
1 g sugars
3 g fiber
Low calories and a great fiber-to-sugar ratio for this American icon.

General Mills® Fiber One® Raisin Bran Clusters™
(1 cup, 55 g)
170 calories
1 g fat (0 g saturated)
13 g sugars
11 g fiber
More fiber at breakfast means fewer calories over the rest of the day.

Kellogg's® Raisin Bran® (1 cup, 69 g)
190 calories
1.5 g fat (0 g saturated)
19 g sugars
7 g fiber
Be wary of Raisin Bran. The sugar-saturated cereal is like a wolf in sheep's clothing on the supermarket shelf.

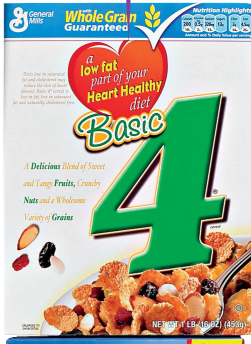
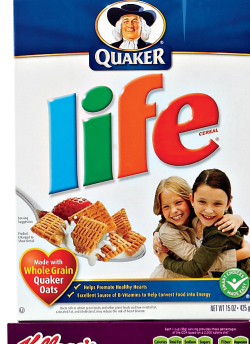
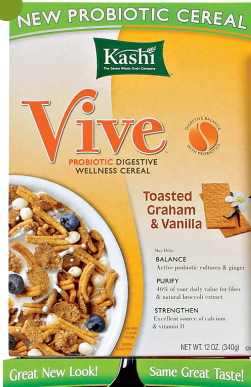
Quaker® Life® (¾ cup, 32 g)
120 calories
1.5 g fat (0 g saturated)
6 g sugars
2 g fiber
Not a bad choice, but there are too many better ones to make this part of your daily regimen.

General Mills® Basic 4® (1 cup, 55 g)
200 calories
2.5 g fat (0.5 g saturated)
13 g sugars
3 g fiber
The box looks healthy, but the recipe says otherwise. It includes partially hydrogenated oils and a huge helping of sugar.

Kellogg's® Smart Start® Original Antioxidants
(1 cup, 50 g)
190 calories
0.5 g fat (0 g saturated)
14 g sugars
3 g fiber

Despite Kellogg's loaded health claims about this cereal, sugar and other sweeteners show up no fewer than 10 times on the ingredient list.

Kellogg's® All-Bran® Original
(1 cup, 62 g)
160 calories
2 g fat (0 g saturated)
12 g sugars
20 g fiber
As fiber-rich as it gets, which is great news for your blood sugar levels.



Quaker® Natural Low Fat Granola with Raisins
(1 cup, 78 g)
315 calories
4.5 g fat (2.5 g saturated)
4.5 g fiber
27 g sugars
This granola has more sugar than a pack of Peanut M&M's.

Post® Shredded Wheat Original Spoon Size
(1 cup, 49 g)
170 calories
1 g fat (0 g saturated)
0 g sugars
6 g fiber
One ingredient: whole grain wheat. It just doesn't get any better.



General Mills® Chex® Multi-Bran
(1 cup, 59 g)
210 calories
2 g fat (0 g saturated)
13 g sugars
8 g fiber
"Hint of Sweetness" means as much sugar as a scoop of vanilla ice cream.