

Cereal Brand Recommendations

Kashi

- High in protein and fiber
- Low to moderate added sugar
- Most varieties are whole-grain
- Nut-free varieties available
- Found in the cereal aisle at most grocery stores (Acme, ShopRite, Target, Walmart, Whole Foods, Wegmans), drug stores (CVS, Walgreens), and online



Food For Life – Ezekiel 4:9

- High in protein and fiber
- Low to moderate added sugar
- Sprouted grains (some whole-grain varieties)
- Contain soy
- Nut-free
- Found in the cereal aisle at most grocery stores (Whole Foods, Fresh Grocer) and online



Nature's Path

- High in protein and fiber
- Low to moderate added sugar
- Most varieties are whole-grain
- Nut-free varieties available
- Found in the cereal aisle at most grocery stores (Target, Walmart, Whole Foods, Wegmans)



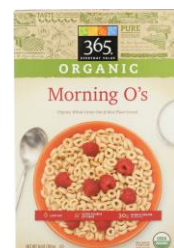
Cascadian Farm

- High in protein and fiber
- Low to moderate added sugar
- Most varieties are whole-grain
- Nut-free varieties available
- Found in the cereal aisle at most grocery stores (Target, Walmart, Whole Foods, Wegmans)



365 Everyday Value

- Moderate protein and fiber
- Low to moderate added sugar
- Most varieties are whole-grain
- Nut-free varieties available
- Found in the cereal aisle at Whole Foods and online



Three Wishes

- High in protein
- Low sugar; zero to minimal added sugar
- Chickpea-based
- Grain-free, nut-free
- Contain monk fruit extract
- Found in the cereal aisle of some grocery stores (Whole Foods, Trader Joe's) and online



Love Grown

- High in protein and fiber
- Low sugar; zero to minimal added sugar
- Bean and rice-based
- Grain-free, nut-free
- Found in the cereal aisle of some grocery stores (Whole Foods, Target, Walmart) and online



Julian Bakery-ProGranola

- High in fiber and protein
- Low sugar; zero added sugars
- Gluten-free
- Some contain eggs and/or nuts
- Vegan varieties available
- Contain monk fruit extract
- Found in the cereal aisle at some grocery stores (Whole Foods, Walmart) and online



Bob's Red Mill

(Hot Cereal Varieties including Rolled and Steel Cut Oats)

- High in fiber and protein
- Low sugar; zero added sugars
- Many are gluten-free
- Found in the cereal or baking aisle at most grocery stores (Acme, ShopRite, Target, Walmart, Whole Foods, Wegmans)



Wildway

(Hot Cereal Varieties)

- High in fiber and protein
- Zero added sugars
- Grain-free
- Contain tree nuts
- Found in the cereal aisle of some grocery stores (Whole Foods, Walmart) and online

