

Lower Sugar Cereals For Kids	Serving Size	Sugar	Fiber	Protein	Alternates	Serving Size	Sugar	Fiber	Protein
(6g or less sugar + at least 2g of both fiber and protein)					9g or less of sugar + at least 2g both protein & fiber				
Barbara's Honest O's Original	1.66 cup	1g	4g	6g	Annie's Frosted Oat Flakes	3/4 cup	8g	3g	3g
Barbara's Honest O's Multigrain	1 cup	5g	3g	2g	Barbara's Snackimals (Cinnamon, Vanilla or Chocolate)	3/4 cup	7g	3g	2g
Barbara's Corn Flakes	1.5 cups	3g	2g	3g	Cascadian Farms Raisin Bran	1.25 cup	16g (7 added)	7g	5g
Barbara's Puffins Original	3/4 cup	5g	5g	3g	Kashi Sweet Potato Sunshine	1 cup	8g	4g	4g
Barbara's Puffins Cinnamon	2/3 cup	5g	5g	3g	Kashi Honey Cinnamon Superfood Combos or Berry Crunch	3/4 cup	7g	3g	2g
Barbara's Puffins Multigrain	3/4 cup	5g	3g	2g	Kellogg Raisin Bran	1 cup	17g (9 added)	7g	5g
Barbara's Puffins Peanut Butter	3/4 cup	6g	2g	3g	Love Grown Sea Stars	1 cup	8g	3g	3g
Barbara's Multigrain Spoonfuls	3/4 cup	5g	4g	3g	Love Grown Lion Loops or Comet Krispies	1 cup	7g	3g	3g
Cascadian Farms Purely O's	1.25 cups	1g	3g	3g	Love Grown Power O's chocolate, strawberry, honey	1 cup	9g	4g	3g
General Mills Plain Cheerios	1 cup	1g	3g	3g	Nature's Path Envirokidz Peanut Butter Panda Puffs	3/4 cup	7g	2g	2g
General Mills Multigrain Cheerios	1 cup	6g	3g	2g	Nature's Path Flax Plus Red Berry Crunch	1 cup	11g (9 added)	5g	6g
General Mills Kix	1.25 cups	3g	3g	2g					
General Mills Total	3/4 cup	5g	3g	2g					
General Mills Wheaties	3/4 cup	4g	3g	2g	Low Sugar but also Low Fiber				
Kashi Cinnamon French Toast	3/4 cup	6g	5g	2g	Kellogg's Rice Krispies	1.25 cup	4g	0g	2g
Kashi Heart to Heart Honey Toasted Oat	3/4 cup	5g	4g	4g	Kellogg's Corn Flakes	1 cup	3g	1g	2g
Kashi Heart to Heart Cinnamon Oat	3/4 cup	5g	4g	3g	Kellogg's Cripix	1 cup	4g	0g	2g
Love Grown Power O's Original	1 cup	2g	4g	6g	Nature's Path Fruit Juice Corn Flakes	1 cup	4g	1g	3g
Love Grown Polar Puffs	1 cup	6g	2g	3g					
Nature's Path Crispy Rice	1 cup	3g	3g	3g					
Nature's Path Whole O's	1 cup	5g	4g	4g					
Nature's Path Flax Plus Cinnamon Flakes	2/3 cup	5g	4g	3g					
Nature's Path Sunrise Crunchy Cinnamon	2/3 cup	7g (5 added)	3g	2g					
Nature's Path Sunrise Crunchy Maple	2/3 cup	7g (6 added)	3g	2g					
Nature's Path Sunrise Crunchy Honey	2/3 cup	8g (5 added)	3g	2g					
Nature's Path Flax Plus Raisin Bran	1.25 cup	13g (6 added)	9g	6g					
Nature's Path Mesa Sunrise	1 cup	5g	4g	4g					
Post Honey Bunches of Oats Cinnamon/Honey Roasted	3/4 cup	6g	2g	2g					
Quaker Life (original)	3/4 cup	6g	2g	3g					